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LDS #1 TRIATHLON MAGAZINE





APR '15

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YOUR NEXT GREAT TRIATHLON ADVENTURE

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BY DAN MCINTOSH

JOSÉ LUIS HOURCADE



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The Alpe d'Huez Triathlon, shot by José Luis Hourcade, is at the top of our dream race list. Learn more about it, and see our other picks, on page 58.



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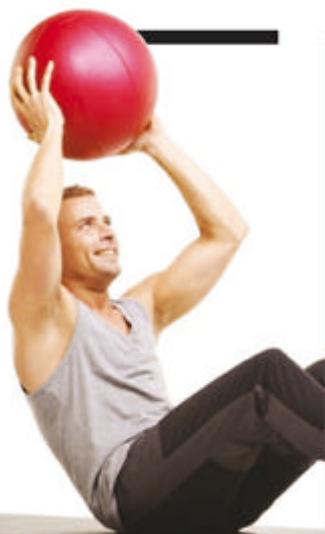
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TRIATHLETE LOVE

Are you one half of a two-triathlete household? You'll be able to relate as columnist Susan Lacke gives her humorous take on sharing her multisport passion with her husband.

[Triathlete.com/
TriathleteLove](http://Triathlete.com/TriathleteLove)



POPULAR RECIPES

Eating healthy does not have to be boring! Get 10 of the most clicked-on recipes from professional cyclist and chef Jessica Cerra.

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PACK YOUR BAGS

MY MOST EXTRAORDINARY TRAVEL EXPERIENCES HAVE HAPPENED WHEN SWIMMING, bicycling or running through a foreign place. Whether it's a training camp, a race or just a run in a new city, you get to really delve into a destination—to see it through a lens that isn't available to the typical tourist. In one especially memorable off-road triathlon in Panama, the race started with an island-hopping swim in the Panama Canal, a ride through dense jungle and sleepy villages (where the locals looked quizzically at us racers), and a run that included one river crossing you had to swim across (my only swim-bike-run-swim-run). The race finished among the ruins of Spanish colonial forts (it's since been designated a UNESCO World Heritage site), and as a podium finisher I won a chicken (bagged and prepped for mealtime) that I ended up giving to a race volunteer. It's an experience I often think back on with appreciation for the sport—I would have never encountered such exotic beauty and pure adventure otherwise.

Closer to home, the triathlon course has served as a tour guide through formerly unfamiliar parts of the country—from the ethereal forests of the Pacific Northwest to the beachy charm of Cape Cod and the dozens of cities stretching between each coast. Traveling for a destination race, where local volunteers turn out to support and cheer on perfect strangers, you get an authentic sense of the people and character of a place. It's one of the things I love most about this sport.

And although my racing/training travels are much less frequent these days due to competing priorities like a growing family, I still enjoy getting to "experience" new places as a fan of our global sport. Any given weekend, you can find international race dispatches and some epic photography on Triathlete.com that transport you to a new and interesting place.

If you're looking for inspiration or guidance for choosing your next destination race, this special travel issue is just the ticket. Senior editor Jené Shaw, who logged a good number of miles last year, compiled the ultimate race bucket list on page 58. And don't skip the travel savvy from our globetrotting contributor Holly Bennett, who also polled the pros for their best race travel hacks.



Julia Beeson Pollreno, Editor-in-Chief
✉ @JuliaPollreno



SKRATCH LABS COOKIES

The sports scientist behind Skratch Labs, Allen Lim, spent years developing the real-food recipes that have fueled the pro peloton, and now he's sharing the recipe for his popular cookies and making them super convenient to make with this pre-packaged mix. You'll never opt for a processed bar again on a ride. \$8.50, Skratchlabs.com



MOTIGO

This app lets your family and friends record personal messages of encouragement that you can play back on race day (for running events where headphones are permitted). You get a free cheer loaded into your account at sign-up, and the cheerer pays \$1.99 to send a message. Getmotigo.com

TRIATHLETE FEED BOX

The editors have teamed up with The Feed, a sports nutrition subscription service to create a curated box of our favorite products (we do a lot of sampling!). Look for it on Thefeed.com.





FOR THE WIND AND THE WIN

Photo: © Nils Nilssen



Harrowing crosswinds across endless fields of lava. It was the kind of day that makes you think twice about your equipment choices. That is, of course, unless you are on ZIPP Firecrest® and Firestrike™ wheels. Aero and stable, they were chosen by Ironman® World Champions Sebastian Kienle and Mirinda Carfrae along with over 900 other Ironman athletes for this special day. The number one wheel in Kona. Year after year.

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What training or
racing destination
on your bucket list
(and why)?

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I would love to take part in Challenge Wanaka in New Zealand someday. The course looks absolutely stunning.

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Chile! Mountains, Malbec,
and Pablo Neruda—what
more could a girl ask for?

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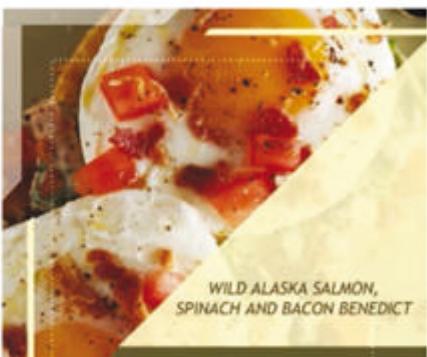
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Letters



WILD ALASKA SALMON, SPINACH AND BACON BENEDICT

Prep Time: 15 minutes
Cook Time: 20 minutes
Servings: 4

RECIPE

1 package (10 oz.) frozen chopped or leaf spinach, thawed and moisture pressed out
1 can (10.5 oz.) cream of mushroom soup
1/3 cup cooked, diced applewood-smoked bacon, kept warm (divided)
1 can (7.5 oz.) traditional pack canned salmon or 1 can (6 to 7.1 oz.) skinless, boneless canned salmon
1/2 teaspoon kosher salt
1/2 teaspoon coarse black pepper
4 large biscuits or toasted English muffins, split and kept warm
4 large eggs
3/4 cup finely-diced tomato
Cooking spray, as needed

Spray-coat a large sauté pan. Stir in and heat the spinach, soup, 1/4 cup bacon, salt and pepper. Fold in canned salmon and the salmon liquid; break salmon into chunks. Heat through; cover and keep warm.

Fry eggs in a large spray-coated pan just until sunny-side up (or to desired doneness). To serve, place 2 biscuit/muffin halves on each of 4 plates, overlapping slightly. Divide and spoon creamed salmon mixture over biscuits. Top each serving with an egg. Sprinkle on remaining bacon and tomato dices.

Nutrients per serving
(with English muffin): 379 calories, 13g total fat, 3g saturated fat, 42% calories from fat, 28.5g protein, 37g carbohydrate, 3g fiber, 1415mg sodium, 286mg calcium and 1030mg omega-3 fatty acids.

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INSIDE VOICE

I just finished Meredith Atwood's article, "A Lesson In Kindness," in your February 2015 issue. I was surprised when I read who the "mean triathlete" was. I immediately teared up when I realized that the person criticizing her was the voice in her own head. That has been me more times than I can count. I have competed in races from Wildflower to Escape from Alcatraz to Ironman Arizona, and yet that voice in my head tells me I'm not skinny enough, not fast enough, not a real triathlete. Atwood's article was the reminder I needed to be as kind to myself as I am to my fellow triathletes. Her perspective is a welcome addition to your pages.

—JESSICA RUSSELL, OAKLAND, CALIF.

had on the sport. However, the 140.6 distance is simply not for everyone. As an age-grouper and veteran of 30-plus [half-iron-distance] races and six 140.6 races I have found that I can maintain balance in life, sustain my health, enjoy the training and race closer to my potential when I train/race for 70.3 and shorter. I have learned "never say never," and the draw that 140.6 has is undeniable, but, unless I score a lottery slot to Kona, I think I am finally done with 140.6. To be a runner, do you have to run marathons? Is a 5K or 10K runner somehow unworthy? I have never suffered more, been more invigorated or felt more fit and alive than in the middle of an all-out effort sprint tri or 5K road race. Thanks, Jesse, for validating those who don't M-dot.

—RICHARD BAKER, WINTER GARDEN, FLA.

M-DOT MUSINGS

As a newcomer to the sport of triathlon I wanted to comment on how much I appreciated Jesse Thomas' recent article, "I'm not an Ironman, and that's OK" (March 2015 issue). Being known as the fitness enthusiast in my circle of friends, I can't tell you how many times I get asked if I've done an Ironman, if I'm training for one, or have had the comment, "I thought triathlon was Ironman?"

While the questions and pressures of doing the be-all, end-all mother race of Kona is real, it seems to me that 99 percent of the triathlon population may never compete in an Ironman-distance race. For a newbie like myself who is training hard just to get my foot in the door, I would love to see more material targeted at athletes competing in sprint/Olympic-distance races. I've been bitten by the triathlon bug, and I plan to be in the sport for a long time, but the pressure to do Ironman is at every turn. Thanks Jesse for validating what many of us young aspiring triathletes feel!

—ISAAC SMITH, KANSAS CITY, MO.

Kudos, Mr. Thomas! You are spot-on in your assessment of the M-dot effect on triathlon. There is no disputing the overall positive impact Ironman has

FRUGAL OR FALSE?

I picked up your magazine in hopes of using it as reference for our customers who may have some questions about triathlon. I was absolutely shocked to read in your article "Getting Started Guide To Tri" (February 2015) that your readers should research the bike that will fit them and "then search for it secondhand." I would like to think that local bike shops, those with a focus on triathletes, as well as those that carry bikes across all disciplines, work very hard to put their riders on the best bike possible, not only to enhance the athlete's experience but to forge long-term relationships. Through your actions, your magazine does all the independent bike shops, your advertisers and the general public a complete disservice. Suggesting that your readers purchase a used bike adds an unnecessary element of risk. Unless you have a complete history of how the bike was ridden and a history of the repairs, why take the chance? Why not go to your local bike shop where they will help you find a bike within your budget, get properly fitted, and help you achieve any cycling or triathlon goals you might have? That seems like a win-win equation to me.

—RAMON Y. CEVALLOS, CYCLESPORT, PARK RIDGE, N.J.

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Israel's largest triathlon, Israman, drew 1,630 athletes (a 40 percent increase from 2014) from 26 nations competing in half-iron and iron-distance races in January. Athletes swim in the Red Sea, then take off from the resort town of Eilat into the surrounding desert mountains for a tough point-to-point ride along the fenced Egyptian border. Racers climb about 6,200 feet in the half, and nearly 10,500 feet in the full.

PHOTOGRAPH BY LARRY ROSA

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School spirit will be on full display when the 2015 USA Triathlon Collegiate Club National Championship is contested April 24–25 in Clemson, South Carolina. Some 1,250 college triathletes are expected for this year's races. Last year, the University of Colorado captured its fifth consecutive overall team title along with the men's team title. UCLA won the women's team title while the University of California-Berkeley grabbed its second win in the mixed team relay.

PHOTOGRAPH BY MARIO CANTU/
CIMAGES /USA TRIATHLON



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▲ GRID MINI FOAM ROLLER

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Totally travel-friendly, the 4-inch-by-5.5-inch GRID Mini Foam Roller takes a minimal amount of suitcase space, plus its hollow core is ideal for safe storage of itty bitty items.

▼ THE LITTLE STICK

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—HOLLY BENNETT



NEWBIE TIP

DUDE, WHERE'S MY BIKE?

Locating your bike in a jam-packed transition area can be difficult. When racking your bike, look for a memorable object in line with your transition area—like an advertising banner or light pole—to help you remember where it's located. It'll reduce race-day stress and save precious time in transition.



LOOK FOR WORLD CHAMP TRAINING TIPS!



BUILD-A-BAG

We recently joined Ironman world champion Sebastian Kienle at an Orca launch event in the Canary Islands, where he shared advice for age-groupers looking to improve their Ironman time: You have to go faster to get faster. As obvious as that sounds, Kienle has seen triathletes plateau because of a lack of intensity, opting for long, slow miles over quality efforts. In each of the swim, bike and run training sections starting on page 44, Kienle shares workouts to combat this problem. (Note: Keep in mind none of these workouts should be attempted without an established fitness base of at least a couple months.)

We love the look and Lego-like versatility of KitBrix, a modular system of bags designed to tote your training gear. Each KitBrix rectangular cube measures 39 x 24 x 24 cm and can be used individually or zipped together and configured with shoulder or backpack-style straps. Designate one for swim, one for bike and one for run (easily identified by graphic icons) and take only what you need to each session. Of military-inspired British origin, KitBrix will be available in the U.S. in early 2015 (\$80 per unit, [Kitbrix.com](#)). —H.B.

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HOW SHOULD YOU HANDLE THESE COMMON TRAINING CHALLENGES?

1 You had a long run and bike ride scheduled for the weekend but are stuck in a hotel room for a work conference. During work trips, time can be very constrained, so anything long is typically out. Replace long distance and duration with high-intensity speedwork. I use the formula: *workload = volume x intensity* to get the same equivalent physiological workout. That way the amount of work on the body is equal to the duration of the workout (volume) multiplied by the intensity.

2 Your spouse is growing tired of the six-hour Ironman Saturdays. Master the art of negotiation. I've personally experienced this one while training for my first Ironman with an infant at home. For each one since then, I've made a deal with my wife: During weeknights, I'd be home by 6 p.m. and on the weekends I'd be home no later than noon. Her stipulation was that I had to be ready for any of the day's activities after I was home (so no two-hour recovery naps). If I needed to



do a six-hour ride on Sunday, I had to be wheels-down by 6 a.m., which meant getting up by 5 a.m. to get everything prepped with tires pumped, chain lubed, bottles topped off and nutrition added on the bike. Tough? Yes, but it was worth it. Oh, and one more thing: The family that you're neglecting for those six hours is the same family that is going to be bringing you in

during the last quarter mile of the run—a little flexibility can go a long way.

3 You want to do a long-course race but have two little ones at home. For athletes with young kids, there are more than enough things to get done around the house without adding triathlon to the mix. But with some careful time management and the right mix of intensity,

WEEK 1
Monday: 1 hour (high intensity)
Tuesday: 1 hour (high intensity)
Wednesday: 1 hour (high intensity)
Thursday: 1 hour (high intensity)
Friday: Day off
Saturday: 3 hours (moderate)
Sunday: 3 hours (moderate)

WEEK 2
Monday: Day off
Tuesday: 1 hour (high intensity)
Wednesday: 1 hour (low intensity)
Thursday: 1 hour (high intensity)
Friday: Day off
Saturday: 5 hours (low to moderate intensity)
Sunday: 2 hours (moderate)

long-course training can be safely accomplished in as little as 10 hours per week. As I noted at left, *workload = volume x intensity*. Therefore you can replace a two-hour, low-intensity (Zone 2) run with a 60-minute track workout (including Zone 4 and Zone 5 efforts), or you can replace a 4000-meter swim, which typically can take between 1.5 and 2 hours, with a set like 40x50 max effort with 20 seconds rest (2000 yards). It will take half as much time and still achieve the same physiological adaptations. This does not mean that all "long duration" work is eliminated. For athletes who are severely time-constrained, we set up a two-week build cycle (with the third week as the adaptation/recovery week) where everything is high intensity but short duration for the first week, and for the second week we include some bigger volume. An example build cycle looks like this (remember this just defines the total time spent swimming, biking and/or running).

USA Triathlon Level II-certified coach Justin Chester is based in Parker, Colo., where he is the coaching director at Altitude Multisport Club and the head coach for TriCoach Colorado.

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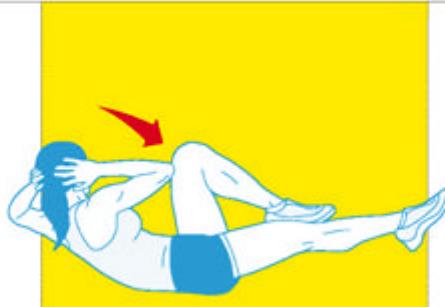


MED TENT

CORE BLASTER

Looking to build core strength? These six exercises will get you there. **BY JORDAN D. METZL, M.D.**

This is an intense core workout. Tweak the timing and reps to your level of fitness, as well as add in rest if you need it. Listen to your body and don't hurt yourself. You can also make the workout more challenging by shortening the rest and/or doing more than one circuit of all the exercises. Again, let your fitness level be your guide here. For the standard workout, after a proper warm-up, do each exercise for 40 seconds, then rest for 20 seconds. Move on to the next exercise. Once through the entire circuit, rest for 2 minutes and repeat. Adjust the timing and intensity as you need to.



ELBOW-TO-KNEE CRUNCH

Lie faceup with your hips and knees bent 90 degrees so that your lower legs are parallel to the floor. Place your fingers on the sides of your head. Lift your shoulders off the floor as if doing a crunch. Twist your upper body to the left while bringing up your left knee to touch your right elbow (or wrist for an added challenge). Simultaneously straighten your right leg. Return to the starting position and repeat to the other side.

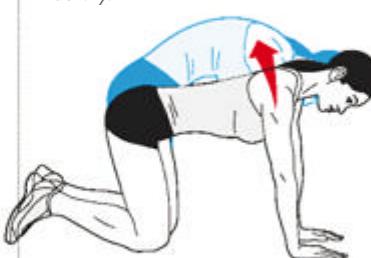


MOUNTAIN CLIMBERS

Get in pushup position on a bench (or the ground) with your arms straight. This is the starting position. Lift your right foot and raise your knee as close to your chest as you can. Touch the ground with your right foot and then return to the starting position and repeat with your left leg. Go as fast as possible.

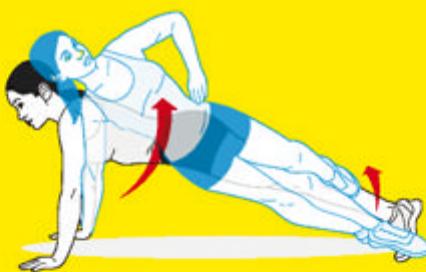
CAT CAMEL

Position yourself on your hands and knees. Gently arch your lower back—don't push—then lower your head between your shoulders and raise your upper back toward the ceiling, rounding your spine. That's one repetition. Move back and forth slowly, without pushing at either end of the movement. Note: The cat camel may look funny, but slowly flexing and extending your spine in small ranges of motion is a great way to prepare your core for any activity.



ROLLING SIDE PLANK

Start by performing a side plank with your right side down. Hold for 1 or 2 seconds, then roll your body over onto both hands—into a pushup position—and hold for 1 or 2 seconds. Next, roll all the way up onto your left hand so that you're performing a side plank facing the opposite direction. Hold for another second or two. That's one repetition. Make sure to move your whole body as a single unit each time you roll.



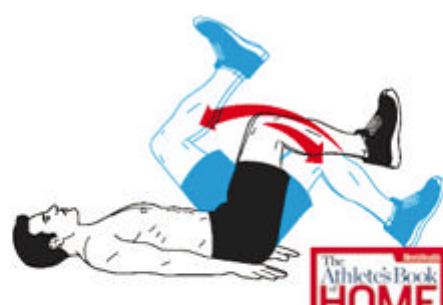
REVERSE CRUNCH

Lie faceup on the floor with your palms facing down. While holding your feet together, bend your hips and knees at 90 degrees. Raise your hips off the floor and crunch them inward—your knees should move toward your chest (imagine that you are emptying a bucket of water that's resting on your pelvis). Your hips and lower back should rise up off the floor. Pause, then slowly lower your legs until your heels nearly touch the floor.



CORE STABILIZATION

Sit on the floor with your knees bent. Hold a weight plate straight out in front of your chest. Your feet should be flat on the floor. Lean back so your torso is at a 45-degree angle to the floor, and brace your core. Without moving your torso (your belly button should point straight ahead at all times), rotate your arms to the left as far as you can. Pause for 3 seconds. Rotate your arms to the right as far as you can. Pause again, then continue to alternate back and forth. Note: If you don't have a weight plate, you can substitute a light dumbbell, a basketball, or if you have no object (or need the exercise to be easier), simply clasp your hands in front of you.



New York City sports medicine specialist Jordan D. Metzl, M.D. is a 29-time marathon finisher and 10-time Ironman. His book, *The Athlete's Book of Home Remedies*, has more than 1,000 tips to fix all types of injuries and medical conditions.



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HOKA ONE
ONE.



FACES AND PLACES

It's the awe-inspiring locations, not the races themselves, that I remember most about my racing career.

BY TIM DeBOOM

"HOW DID WE GET HERE?"

I asked my wife, Nicole, as we stretched in bed and stared out the window that perfectly framed a glowing, smoking volcanic peak. I was in awe.

I asked myself the same question standing on the black-sand beach the next morning before the start of the race. U2's "Beautiful Day" was pumping through the transition area, the perfect soundtrack to the day. One of the other professional triathletes saw me gazing at our surroundings, and gave a quick smile, "Not bad, eh mate?"

It wasn't just me either. There were more competitors appreciating the landscape than pumping up tires. There was more dancing than warm-up jogging. There were more smiles than game faces. That is what I remember about racing in Pucon, Chile.

Sure, I did a challenging race that day, but I don't remember what place I finished and definitely not my time. (I never remember my times.) When people ask about it, I never talk about the 20-plus hours of travel to get there

with three flights, a bus ride and two more hours in a car. I don't mention Nicole bursting into stress-filled tears at the airport after our white-knuckle drive through the hills around Santiago, with a driver who thought he was Tony Kanaan at the Indy 500.

I remember Pucon. I remember hanging out with legends Mark Allen and Ken Glah. I remember eating giant 1-pound hamburgers at 11 o'clock the night before the race—because that's what you do in Pucon!

After 20 years of traveling the globe to different race venues, what I remember more than anything else, are the places and the faces, not the races.

I tell people about the beautiful hills and pristine waters in Klagenfurt, Austria. I talk about driving to Venice, Italy, and hobbling around the city on post-Ironman legs. I show people the painting that my host family gave me to remember my travels there. I never mention losing to Jürgen Zack by less than a minute.

I reminisce about my solo travels around the South Island of New Zealand as a naïve 24-year-old, and years later, my return visits to one of the most beautiful places on earth. I share how my homestay family there became an extended family of my own. I've highly recommended that friends explore the various wonders of New Zealand without ever mentioning that I raced in Wellington, Auckland and Taupo.

I love laughing with my friend and pro motorcycle racer, Ben Bostrom, about how I was racing in the hills around Nice, France, as he unexpectedly drove by in a convertible and wanted to have a conversation during the race. Sitting next to an actual rock star, Beck, and his band at dinner, and clumsily

TOWARD THE END OF MY PROFESSIONAL RACING CAREER, I MADE THE DECISION THAT I WOULD ONLY COMPETE IF, WHEN AND WHERE I WANTED.

jogging through the topless beaches on the Riviera also top my list of France highlights. I absolutely never talk about being disappointed with my result at that event.

Driving across Europe to follow the Tour de France, the week after racing an Ironman, is what I recall about going to Frankfurt, Germany. Magnificent Mount Fuji is what I picture from my many trips to Japan. The authentic food, cheering school kids, and beauty of James Bond Island far outshine any races I did in Thailand. And my favorite event of all time, the Norseman Extreme, introduced me to the wonder of Norway. It checked every box for me, and it's the place I speak about most.

I am incredibly lucky to have traveled to so many breathtaking places on this planet while doing something I love. It's unlikely I would have discovered even half of these special places if racing were not the catalyst. I definitely never would have heard of Pucon, Chile!

Toward the end of my professional racing career, I made the decision that I would only compete if, when and where I wanted. I didn't have to (or want to) go halfway around the world to race anymore. However, if I did decide to put on a race bib again, I made one rule. It is a rule I still follow today: I have to be in awe.

Tim DeBoom is the 2001 and 2002 winner of the Ironman World Championship, and the last American to win in Kona.



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TYR revamped every wetsuit in its 2015 lineup with the exception of the range-topping Freak of Nature, which comes with a hefty \$1,200 price tag. The Category 5 costs \$450 less but has many of the same top-end features. The range of motion on the shoulders makes this suit flexible for an unencumbered glide phase of your stroke. Swimmers seeking extra buoyancy will benefit from the elevation panels on the chest, obliques, buttocks and thighs. The side panels serve the dual purpose of providing lift in the water in addition to keeping you streamlined and preventing fishtailing. Catch panels on the forearms are made of a thinner neoprene to provide an enhanced feel for the water. —EVAN RUDD



JOHN DAVID BECKER

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Topeak's DynaWedge saddlebag is water-repellent and provides easy access to all your essentials. \$32, [Topeak.com](#)



With a taped seam and fleece lining, the **Pearl Izumi P.R.O. Barrier Wx Barrier Shoe Cover** will keep your toes dry and toasty. \$50, [Pearlizumi.com](#)



with TOMMY ZAFERES

American pro Tommy Zaferes, a former Olympic trials swimmer, is usually one of the first men out of the water at any race he enters. Since he came to triathlon in 2010, he's raced almost exclusively on the ITU draft-legal scene—mainly at the Pan American Cup and World Cup level—and he's one of the top U.S. contenders for a spot on the 2016 Olympic team. He's coached by Joel Filoli, who also has top athletes such as Sarah Groff, Helle Frederiksen and Richard Murray on his roster. In January, Zaferes married fellow USAT pro Katie Hursey. Zaferes let us in on the gear that helps him perform as he chases ITU points around the world.

1 BROOKS ESSENTIAL VEST IV (\$75) and PULSE LITE GLOVE II (\$25, Brooksrunning.com) "My favorite running apparel—they are perfect for keeping my core and hands warm in the event [it's so cold] I can see my breath."

2 ROKA SIM PRO SHORTS (\$119, Rokasports.com) "They are perfect for preparing for a wetsuit swim, or just making practice easier if I'm not feeling like a boss."

3 STROKEMAKERS RED PADDLES (\$14, Swimoutlet.com) "Always on deck with me."

4 SPY SCREW HAPPY LENS performance sunglasses (\$160, Spyoptic.com) "Since I care about looking as cool as can possibly be [as well as protecting my eyes], these sunglasses are my go-to."

5 SPY FLAIR EARBUD (\$50, Spyoptic.com) "Perfect for airplanes and airports, and they're

fantastic for keeping music in my ears while my form is struggle-fest."

6 ENDURANCE SHIELD SUNSCREEN (\$24, Enduranceshield.com) "I'm not a fan of sunscreen, but this is the athlete's dream for skin protection. Very light, very effective and smells like the Garden of Eden."

7 GARMIN FORERUNNER 320XT (\$450, Garmin.com) "Since it's just one device, it makes it very easy for a simpleton like me to upload every workout and keep my coach current with all my spectacular workout data."

8 POWERBAR PRODUCTS (PowerGel, \$1.35; Performance Energy Blasts, \$2.19; Harvest Energy Bars, \$1.79, Powerbar.com) "I like to squeeze one or two PowerBar gels into my water bottle. That way, by the time I'm done drinking one bottle, I've also consumed some extra oomph. The chews are perfect for

travel, post-workout calories and bribing toddlers. For bike training, I always take Harvest Energy Bars. I'll take one for every hour I'm out riding."

9 PARK TOOL I-BEAM MINI FOLD UP HEX WRENCH/SCREWDRIVER/STAR DRIVER SET (\$17, Parktool.com)

10 LEZYNE CARBON ROAD DRIVE HAND PUMP (\$100, Lezyne.com)

11 BROOKS GHOST 7 run shoes (\$120, Brooksrunning.com) "I've been running in Brooks Ghost since I started triathlon in 2010, and I even went to Belgium to a run lab to get my run tested and when the data all came back the best shoe for me was the Ghost (that's why no one sees me coming)!"

12 ROKA F1 MIRROR goggles (\$25, Rokasports.com)

13 SPECIALIZED S-WORKS TRIDENT cycling shoes (\$400, Specialized.com)



ON THE FAST TRACK

How an age-grouper mom and nurse went from newbie to overall amateur winner in Kona **BY JENÉ SHAW**

IN ONLY HER SECOND IRONMAN EVER, 27-year-old Jocelyn McCauley took the overall amateur female title in Kona last October—an accomplishment that many athletes could only dream of after years at the distance. Her 9:50:39 finish was nearly three minutes ahead of any other amateur woman and would've placed her in the top 25 among female pros—not too bad for someone who did her first triathlon less than three years ago. Now, after an impressive season, McCauley decided to quit her job as a cardiovascular intensive care unit nurse and race full-time professionally in 2015.

McCauley's rapid succession was due largely in part to her background as a competitive distance runner at both Brigham Young University, where she received a full ride, and at the University of Cincinnati, where she earned her master's degree.

Growing up, she swam in a summer league until high school, and because of a stress fracture during her sophomore year of college, she turned to mountain biking to stay active and then transitioned to the road. Post-college, she entered a few local triathlons near Cincinnati—where she lives with her husband and 1.5-year-old daughter, Emmy—and discovered a new athletic love.

She caught the Ironman bug and raced her first in Texas in May 2014, where she won her age group in 9:51 and qualified for Kona. Heading into the world championship in a relatively new sport, McCauley discovered her ignorance was bliss.



"I don't realize still how big of a deal Kona is, and how big of a deal all of this is," McCauley says. "Because I haven't been in it for that long, I didn't see the hype and I don't take myself too seriously."

One of McCauley's unique approaches stems from her religious beliefs as a Mormon—she doesn't train or race on Sundays, a personal decision she's adhered to since college. She found that there was a strong correlation between resting on Sundays and running faster times, like her 30-second drop in her 2-mile time. "It's not just religious ... it allows you to physically, mentally, emotionally recover," she says. "You don't have to worry about working out that day; you can spend time around the people who matter."

McCauley's decision to leave her job came after much deliberation with her husband. Before Kona, she was typically training 12–15 hours a week. She hopes her max week will exceed 20 hours now that she's full-time.

"I'm a 100 percent person," she says. "If I'm dedicated to some-



MOM'S FAVORITE WORKOUT

McCauley had her daughter, Emmy, 12 weeks before her first Ironman 70.3 in 2012. "I think [having Emmy] helps to have perspective in my life, in general," she says. "I see the fun and joy and happiness that Emmy brings it, and it's made me really enjoy training. I'm on a training program from my coach [her sister, Meredith] who puts 'happy fun Emmy run' and go out with her in the stroller."



thing, I will give it everything I have. I can't just do something halfway. I want to see where this can go and I want to be the best I can be. I need that next level of competition and all those amazing pros who are out there to help push me and keep me honest."

McCauley has many aspirations as an athlete, but she says her goal in triathlon (and in life) is simple: to have fun. "I think that we're all in this life together to keep going and to progress in our inner selves, and I think having fun is a big part of that. I'm not saying every workout has to be awesome, but if it's not going your way and you can't turn it around, go back out the next day or that evening and give that a try again."

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TIM DON

At 36 years old, Don boasts an imposing résumé—four world titles (1998 world junior triathlon champion, 2002 ITU world duathlon champion, 2005 ITU world aquathlon champion and 2006 ITU world triathlon champion), three Olympic appearances (2000, 2004 and 2008), several Ironman 70.3 wins, third place at the 2014 Ironman 70.3 World Championship and victory in his Ironman debut (Mallorca 2014). Did we mention his 28:56 personal best 10K? In short, the man is fast and his talents many. Despite his enormous success, Don's greatest pride is as a family man—father to Matilda (4) and husband to Kelly, with whom he welcomed a son in December 2014. Don makes his home in Boulder, Colo., where he trains under the guidance of fellow Brit Julie Dibens in pursuit of his next big goal: the Kona crown. —**AS TOLD TO HOLLY BENNETT**

► I've learned a lot watching Kona. I was there in 2011 when Crowie won. He had 5K to go. He was easily winning, and he was running four-minute kilometer pace, which is jogging for him. I thought, ‘Yeah, let's go have a chat.’ But there was nothing. I couldn't believe how unresponsive he was. I was like, ‘OK! This is war! This is what Ironman is like!’ But then again, don't be too worried if you do come off the bike 14 minutes behind. You can still win!

► I've finally been able to access my run—not because I've done a massive more amount of it, but because I've gotten stronger on the bike. And that's down to Julie [Dibens]. We knew it was a two-year plan to really show what I could do, and even now there's a lot more to give at 70.3 and masses more to give with Ironman. I've only done one Ironman! I'm not as fast now, but it's all relative. I'm probably

one of the faster runners in 70.3 and Ironman, but the track sessions I used to do—the 3,000-meter times—I couldn't touch them now.

► I don't want a coach to be fluffy. Honestly—it's my job. I just want: ‘To do this, you need to do X, Y and Z.’ I respond well to that. You don't need to beat around the bush with me. Just say it how it is. A few hard truths won't hurt me.

► I don't get nervous before races any more. What's there to get nervous about? Long-course racing is such an individual thing. In ITU I used to get very nervous, because no matter how well you swim, if you don't get to that first buoy in the top 20, your race can be over. Within three minutes of swimming your strategy goes out the window. With this, there are no tactical decisions to be made. It's like a marathon—once you get into it you're just running, while in a 1500, or even 10,000 meters, tactics play a massive role in positioning. Leon Griffin and James Hadley, whom I room with at races, they get annoyed because we say good night and then they carry on with Twitter and such. The next day they're like, ‘Soon as the light went out you were asleep. We were wide awake for another hour!’ I sleep really well, actually!

► Matilda's always been a massive part of what I do. The problem now is that she asks, ‘Is Daddy going to bring back a medal?’ Because every race this year I have! So the pressure's on—she likes the medals. I guess it's good that with Ironman you always get a finisher's medal.

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ROOM FOR TWO?

Compromise and competing interests can be a harsh reality in a two-triathlete household.

BY MEREDITH ATWOOD

When you are a triathlete *and* you are in a relationship with a triathlete, you must compromise often and negotiate as if you are in a hostage situation. The two-triathlete house is also complicated by children, and in some of the craziest ways imaginable: “I am not getting up with the baby right now—I have to wake up for my brick in two hours!” or “You just bought a new bike with the kids’ educational savings fund?” ¶Yes, a two-triathlete household is tough. Is it tougher than being married to someone who is *not* into triathlon? I wouldn’t know. But if your spouse or significant other watches the kids for hours and takes on all the responsibilities of the house while you are out on your bike, you are either in love with a saint or headed toward heartbreak. »

I would have been just fine doing triathlon alone, without the Expert (my husband, who earned that nickname for the pure and simple fact that he knows everything, about everything—or at least that's his story). So, when I took up the sport of triathlon, I knew the Expert well enough to know that I had to get him involved, too. So I signed *him* up for races—without him knowing it. But eventually he trained, we trained together sometimes, and he's now a multiple half-iron finisher. I didn't encourage him to get into tri because the Expert would have been unsupportive of my own athletic dreams. Quite the opposite. But who wants to be stuck solo with the kids for hours and hours when the significant other is out chasing his or her dreams? That doesn't seem like a fair compromise either.

The Expert and I plugged along for a couple of triathlon seasons, training for sprints, Olympics and half-iron-distance races, rotating schedules in the morning and squeezing in those shorter workouts at night. Our Saturday "dates" started early in the morning with a ride and run, followed by lunch. We had a babysitter on the weekly schedule, and that's how we handled the two-triathlete house for a few blissful years.

The schedule and compromises seemed to work out just fine until we introduced the third "person" into the equation.

What third person? Oh, *Ironman*.

I decided that I would tackle Ironman Coeur d'Alene in 2013. The Expert was on board with it. The kiddos thought Mom was training to be the superhero, so they were good with it. But the truth of the matter is that neither he nor I could have imagined the time commitment of training for 140.6 miles.

Quickly, the two-triathlete household seemed to be all about me. *Me!* *My first Ironman! Me!* Suddenly, my 3800-meter swims were "far more important" than his 2200-meter swims. I got first dibs on days that were sunny, because I had a 15-mile run and he could do 7 miles inside on the treadmill with the kids. It's the unspoken my-race-is-longer-than-your-race rule. Shameful, but true.

Suddenly, the two-triathlete household felt more like a war zone. He was supportive, but he wanted to have his life back. He wanted to train hard too,

but I had so many more miles to log, so he often skipped. Then I was a zombie after 100-mile rides on the weekend, and the kids would just flop and lie down on me, because that's how we got in our quality time during the final push. The final 10 weeks leading up to my first Ironman were nothing but a rollercoaster ride of insanity.

I made it across the finish line in June of 2013 and had my entire family there to cheer me on. But the truth of the matter was by the time we all heard, "Meredith Atwood, you are an Ironman," we were *all* barely hanging on. My marriage was dangling by a thread, my kids asked, "Mommy who?" and my boss constantly stared at my freakishly weird sunglass tan lines.

After that race, when I was wearing my super awesome finisher jacket and trying to scrape together the pieces of my life, I realized that it did not have to end up that way. I realized that it was all *my* fault, the toll that long-distance training took on my family. And I knew I could do better. I knew our two-triathlete household could work again, even where one of the triathletes (*me!*) was into the long-distance crazy stuff.

Now, you can imagine the reaction I received from everyone when I asked to sign up for another iron-distance race.

But the funny thing is, I *knew* it would be different the second time around.

I had long discussions with my new coach about my training schedule, and I put a few things in stone. First, I picked the days that I could train longer, and I blocked off dates and times that I would skip workouts altogether. I was realistic. I was flexible. When I was training in 2013, missed workouts would devastate me, crawl under my skin and fester. Not this time.

Second, I recognized that just because I was training as a long-distance triathlete, my family did not technically care that I was—they cared most about having the wife and mom around, one who wasn't falling asleep in her soup. So I worked my long runs and rides on set days (marked on the family calendar well in advance), and I trained hard during the weekday mornings so those long rides didn't take so much out of me. I was around on the weekends more, and I attended family events without wet hair and a visor (sometimes).

Meredith Atwood is a wife, mother, attorney, Ironman, coach and author of Triathlon for the Every Woman. She lives in Atlanta and blogs at Swimbikemom.com.



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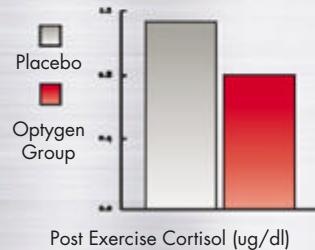
Lessons learned in making family my top priority **BY JESSE THOMAS**

Three years ago, a very successful pro triathlete, whom I respect for his athletic and professional accomplishments, his sense of family and his down-to-earth personality, was about to race the last race of his long career in Kona. I'd gotten to know him a fair bit over my first year and a half in the sport. By chance, I saw him on Ali'i Drive an hour before one of his last spins before the race, and he invited me out to keep him company. I was excited to catch a glimpse of how he prepared to race on one of the biggest stages of the sport, and also for the last time of his career. »

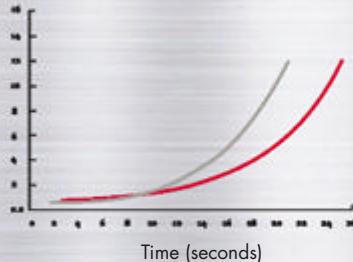
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He was relaxed and, maybe not surprisingly, a little reflective. We talked about many aspects of his career and the sport.

On our way back into town, I finally asked him, “So what’s the one piece of advice you’d give to a new guy starting his pro career in the sport?”

He paused for a while, and looked down the Queen K. I waited for some amazing training secret, a sponsorship or business strategy, or some profound mental approach he’d taken to be so successful. And then, while still looking ahead, he surprised me by saying, “Protect your family.”

I paused, not really sure what he meant, or how to reply. After a few moments, he continued, “Of all the ups and downs and accomplishments and failures I’ve had in this sport, the main thing I wish I would have done a better job of was integrating my family into my career.”

He explained that when he started racing professionally he was single. The travel, the long hours, the dedication and sacrifice were expected and tolerable. Then he met the woman of his dreams, got married, and while it got more complicated, it was still manageable. He and his wife were independent and highly supportive of each other.

But when they had children, the balance became remarkably harder. They couldn’t just be co-independent any-

them into his racing life, and maybe to just pull back on some of the things that made the balance difficult. It would have been tougher at first, and might have affected his initial preparation, but it might have paid dividends down the road. Instead, as the years went by, the double-life divide deepened, and ultimately, it made his career and family life harder, creating a friction between the two that wore on him. And while there were many reasons for his retirement, part of it was his desire to close this divide.

I remember talking with my wife, Lauren, about the conversation. At the time, I was new to the sport, we were naïve and I admittedly underappreciated his thoughts. “It can’t be that hard,” I thought. We’re highly communicative, independent and have a deep mutual respect for each other. Plus, *both* of us are professional athletes, so we’ll have a better understanding of what it takes. We can make it work without much fuss.

Boy was I wrong. Three years later with a toddler, two professional careers—not to mention a co-owned business—it’s freaking hard. None of the characteristics that made our relationship a strong one—respect, independence, communication—have changed; we’re just living in a tougher environment.

Like most people experience with their careers, relationships and passions,

to—spend lots of time with. We had too much to do.

And while we got through it, it was hard. Really hard. I realize in hindsight that the craziness of last year isn’t sustainable. In some ways, I began leading two different lives. And if I want my career in triathlon to be sustainable, and if I want myself and my family to be at its best, then something needs to give. I need to protect my family.

This column is called “Triathlife” because it’s about my constant balance of sport, work and family. Admittedly, most of my topics revolve around the sport/work side of the equation, but I believe that the best, most balanced pursuit of each results in the most success across all three. And I think that family is something that can (and easily does) get pushed to the subconscious when triathletes of any level pursue our sport with the dedication and passion that it elicits. It’s so easy to look at your schedule and slot in the time required for training, recovery, races, etc. It’s all at the forefront of your mind because it’s important to you. When you add work to the plate, it’s easy for family time to be small to non-existent. And it’s not because you don’t care—I think it’s just the result of trying to race a long ways across three different disciplines!

I clearly care about my family, but I still subconsciously fall into this trap. So this year, while I’ve still got big goals in the sport and for Picky Bars, I’ve also made family goals that I’ll pursue just as vigorously. Some involve better integrating Lauren and Jude into my triathlon routine, and some involve doing less of the things that keep me away from them, whether it be training, travel and/or work. I do this knowing that my family will benefit as a result, but also with the hope that that leads to better results in all aspects of my life.

I certainly don’t have all the answers, and figuring out exactly how and what to do will be an ongoing project that Lauren, Jude and I will pursue together. But it starts by coming to the realization that the family balance, time and consideration needs to be just as much in the forefront of my mind as my pursuit of triathlon. And hopefully, instead of finishing my career wishing I had tried harder to figure it out, I can tell the next up-and-coming pro all the tips I learned along the way about how best to make it all work. ■

I REALIZE IN HINDSIGHT THAT THE CRAZINESS OF LAST YEAR ISN’T SUSTAINABLE. IN SOME WAYS, I BEGAN LEADING TWO DIFFERENT LIVES. IF I WANT MY CAREER IN TRIATHLON TO BE SUSTAINABLE, AND IF I WANT MYSELF AND MY FAMILY TO BE AT ITS BEST, THEN SOMETHING NEEDS TO GIVE.

more. He said, without realizing it, that he almost started living two lives—one in the sport and one at home. It was easier at first to let those lives exist separately, because wrapping them together was very difficult, required sacrifices to his independence and changes to his system that he didn’t necessarily want to make at the time. He was so used to the habits he built his success on that it scared him to change for fear of the effect it might have on his racing and success.

He said that, looking back, he could have made it better by trying harder initially to make his family a more habitual part of his triathlon routine, to integrate

it got a lot harder to balance everything with a child. Somewhat serendipitously, I broke my foot just weeks before our son was born. So for a maternity period, we got to experience (survive) those first few months without the strict responsibilities of professional careers.

But last year, as both Lauren and I dove fully back into competing, the reality of that conversation hit me for the first time. I was training a lot. I was traveling a lot. Lauren was doing the same. Picky Bars grew and had its own issues that needed our attention. Jude went from a 20-hours-of-sleep-a-day blob to a super fun tiny human that we needed to—and wanted

Jesse Thomas (@jessemthomas) is a four-time Wildflower Long Course champion and the CEO of Picky Bars (Pickybars.com).

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With the 2016 Olympics a little more than a year away, ITU professionals will be chasing World Triathlon Series points around the world in 2015 in hopes of earning the chance to race in Rio de Janeiro. The WTS calendar kicks off in March with races in Abu Dhabi and New Zealand, followed by April races on Australia's Gold Coast and in Cape Town, South Africa (pictured).

PHOTOGRAPH BY JANOS SCHMIDT/TRIATHLON.ORG





BONUS WORKOUT

Choose a set based on your ability level. The A set is based on intervals of 1:20–1:30 per 100. The B set is based on intervals of 1:50–2:00 per 100. The C set is 2,000–2,500 yards total and based on a rest interval.

Is a speed suit a worthwhile option in a non-wetsuit long-distance race? -Tony W.

A: In the expensive sport of triathlon, a speed suit (also called a swimskin) is not a “necessary” piece of equipment to complete a race, but if a majority of your races are in warm water, the cost per use can justify a purchase. Another great reason to spring for a speed suit is if your triathlon race suit is loose or baggy. In this case, the speed suit will provide a huge time gain by reducing drag in the water.

Q: As a long-time swimmer, am I better served with a “competitive swimming” stroke technique or with something less traditional when in open water? -Rob B.

A: Swim technique in open water should be more fluid than pool swimming. Because there are more variables in open water, like waves, currents, wind and other swimmers, your stroke should change to meet the conditions. For example, it is best to have a high-hand recovery in choppy water to prevent hitting a small wave mid-recovery. Typically, open-water swimming technique has a faster cadence than pool swimming and uses less kicking to conserve energy over the longer distances.



GOT A SWIMMING QUESTION? COACH SARA WANTS TO HELP. JUST TWEET YOUR QUERIES TO @SARALMCLARTY

Q: How much time can you really save by drafting off another swimmer? -Danny P.

A: Drafting gains are exponential, so more speed equals more draft benefits. For example, you feel a bigger gain behind a cyclist going 20 mph vs. 10 mph. In the water, you can save time and energy in the swim by drafting behind (or on the hip) of a faster swimmer. You can also maintain a more efficient stroke by following the trailing bubbles of a leading swimmer and reduce the amount of times needed to lift your head for sighting.

Q: I'm curious why we should do backstroke, breaststroke and other strokes during training. -Ron G.

A: There are many benefits to mixing in other strokes during swim practice. The most important is so you are more comfortable in the water. Having a safety stroke, like backstroke, while swimming open water can be a great way to catch your breath, fix your goggles, or just get some rest. Other strokes are also a good way to strengthen and move your body in different motions to prevent overuse or injuries caused by repetitive motions.

Pro triathlete and swim coach Sara McLarty has 25-plus years of experience and knowledge about swimming mechanics, efficiency and technique.

- A**
- 500 warm-up
 - 6x50 on :60 (25 kick/25 drill)
 - 3x[400 pull with 30 sec rest, 4x100 on 1:25 (descend 1:4), 5:00 kick (30 sec easy, 20 sec fast), 50 easy]
 - 200 cool-down
- TOTAL: 4300**

- B**
- 400 warm-up
 - 6x50 on 1:15 (25 kick/25 drill)
 - 3x[300 pull with 30 sec rest, 3x100 on 1:55 (descend 1:3), 5:00 kick (alternate 30 sec easy, 20 sec fast), 50 easy]
 - 200 cool-down
- TOTAL: 3500**

- C**
- 300 warm-up
 - 6x50 with 20 sec rest (25 kick/25 drill)
 - 2x[300 pull with 30 sec rest, 3x100 with 15 sec rest (descend 1:3), 5:00 kick (alternate 30 sec easy, 20 sec fast), 50 easy]
 - 100 cool-down
- TOTAL: 2400**

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7 STEPS TO GET OVER YOUR FEAR OF OPEN WATER

Use this step-by-step guide to race with confidence. **BY SARA MCLARTY**

Triathlon is a challenging endurance event that amazes friends, relatives and sometimes even the athletes themselves. The prospect of swimming in open water can be so intimidating it could discourage even the toughest contender from entering a race. Here are a few steps to conquer your fear and go into the open water with confidence.

STEP ONE

ACKNOWLEDGE YOUR FEARS.

Having a bit of fear about the open water can be your greatest strength. Fear prevents overconfidence and stops you from getting into a dangerous situation. Recognizing that you have a weakness and taking the steps to overcome that weakness will properly prepare you for race day. Ignoring your fears and inabilities when it comes to the water could result in a DNF ("did not finish") or much worse.

STEP TWO

DISCOVER WHAT CAUSES YOUR ANXIETY.

Narrow it down by figuring out what part of

swimming in open water really causes your heart to race and palms to start sweating. Is it the dark and murky water? Is the lack of a bottom or walls the scary part? Or do all the people and flailing arms everywhere cause you to panic? By shrinking your overall fear to one or two aspects of open water, you can plan a way to practice and train so they no longer pose a challenge.

STEP THREE

TAKE BABY STEPS IN THE POOL.

Plan a training regime that slowly builds up weakness and erases fears. Are you worried about swimming the entire distance of 400 meters?

Start with two laps of the pool or 50 meters. Slowly increase the length of each practice until you can complete 125 percent of the race distance. Anxious about not being able to rest on the wall or stand on the bottom? Practice in the pool by not touching or resting on the walls between laps. Learn how to roll on your back and float while you catch your breath and recover. Nervous about swimming with lots of other people? Train with a group and practice swimming in between other people to get comfortable with being touched and bumped.

STEP FOUR

FIND A COACH.

Find a local swimming or triathlon coach who will schedule private sessions at the pool and, if possible, in the open water. Developing better technique can significantly improve your swimming ability and might remove or reduce a general fear of the water. A coach will also provide accountability, motivation and maybe an opportunity to train with others of a similar skill level.

STEP FIVE

REGISTER FOR AN EVENT.

Nothing requires commitment like a looming deadline. Do your research to find a local race with a short-distance swim (typically around 400 meters). Pick a date far enough in advance that you have time to prepare but not so far that you conveniently forget about it.

STEP SIX

PRACTICE IN THE OPEN WATER.

This is not optional. The pool cannot completely prepare you for open water. Find a local lake, river or beach that is open for swimming or travel to the race site 1–2 days early to get comfortable with the conditions. Open water without the chaos surrounding a race is significantly calmer and less stressful. Before you even get in the water, spend some time on shore studying and getting familiar with the environment. Take note of the wind, waves, current, bottom surface, entry and exit location, and position of the sun at race time. Stay close to the edge in shallow water and always have one or two buddies watching from shore or swimming nearby.

STEP SEVEN

FACE YOUR FEARS.

As race day approaches, write down a few of your strengths and skills to stay calm in open water. Some examples are "roll onto my back and breathe," "start at the back of the pack and stay wide at the buoys," and "breathe every 2–3 strokes so I don't get exhausted." Read them and remind yourself of them often. Create a calming mantra that you can repeat when you start to feel anxious. If you still need support during the event, swim to a lifeguard boat or kayak and hang on the edge until you are ready to swim again.

Don't let your fears prevent you from starting a triathlon. Instead, use them as a motivational force to safely conquer the swim!



DEVELOPING YOUR BODY'S FULLEST POTENTIAL

TRADE SECRETS FOR IMPROVING SPEED & ENDURANCE

BY MARK HANSEN

Runners have long sought ways to improve their performance through nutritional supplements and creative training strategies. Some athletes have gone as far as using synthetic drugs and blood doping to gain an advantage. A new, controversial supplement is giving runners EPO-like effects and helping them achieve the "edge" they are always looking for.

The product is EPO-BOOST® - an all natural supplement developed by U.S. based Biomedical Research Laboratories. EPO is industry shorthand for erythropoietin, a hormone produced by the kidneys that regulates red blood cell (RBC) production.

Increasing red blood cell production has long been the focus of competitive athletes due to the impact that RBC levels have on oxygen intake and utilization. The greater the red blood cell production, the greater the body's ability to absorb oxygen, which in turn gives an athlete more strength and endurance. Strength and endurance are precious resources to any athlete. Thus competitive athletes have tried various techniques to gain an advantage by increasing EPO and RBC levels.

Traditional techniques for boosting RBC levels include synthetic drugs and blood doping. These practices are both dangerous and banned by organized sports associations. The makers of EPO-BOOST® claim that their patent-pending formula is all-natural and is clinically proven to safely increase erythropoietin levels, resulting in greater strength and endurance.

The scientific evidence behind EPO-BOOST® does seem to be compelling. A 28-day double-blind placebo-controlled clinical trial, performed by Dr. Whitehead from the Department of Health and Human Performance at Northwestern State University, showed that the ingredients found in EPO-BOOST increased EPO production by over 90% compared to the group taking the placebo.¹ The supplement group also showed dramatic improvements in athletic performance (as measured by VO₂max and running economy).

Since its release, competitive athletes have raved about this new supplement, which offers all the benefits of greater EPO levels with none of the dangerous side effects or legal trouble. Adriana Nelson Pirtea, World Half-Marathon Champion, used EPO-BOOST® in her preparation for the 2014 season. Adriana stated, "I have been using TriFuel and EPO-BOOST for the past two years and I feel a huge difference in my training and races. I start out being more focused and alert during my training. For me, it is important that everything I put in my body is simple, clean and effective. I've tried other products before, and most of them gave me discomfort during training. BRL Sports supplements are simple the best."

Adriana is not alone in her praise of the product. Nuta Olaru, who took 1st in the Big Sur International Marathon in 2013 and finished 3rd in the Boston Marathon, used EPO-BOOST® in her preparation for the season. Nuta stated, "I was introduced to EPO-BOOST a few months ago and I am extremely pleased with the results so far. I feel like TriFuel and EPO-BOOST had a great impact on my recovery and kept me focused during the races as well as in between the races. Thank you for making such great and clean supplements."

Not everyone is so endeared to the product. Several athletes have said the supplement gives some athletes an unfair advantage. They describe the performance improvements as "unnatural" and pointed to athletes from cycling and long distance running as evidence that people are catching onto the supplement and using it for a competitive advantage.

A company spokesman, speaking off the record, admitted that the product doesn't work overnight and that most athletes won't see the extreme performance enhancements for a few weeks. In a world infatuated with instant success, that kind of realistic admission might cost some sales but is likely to keep customers happy.

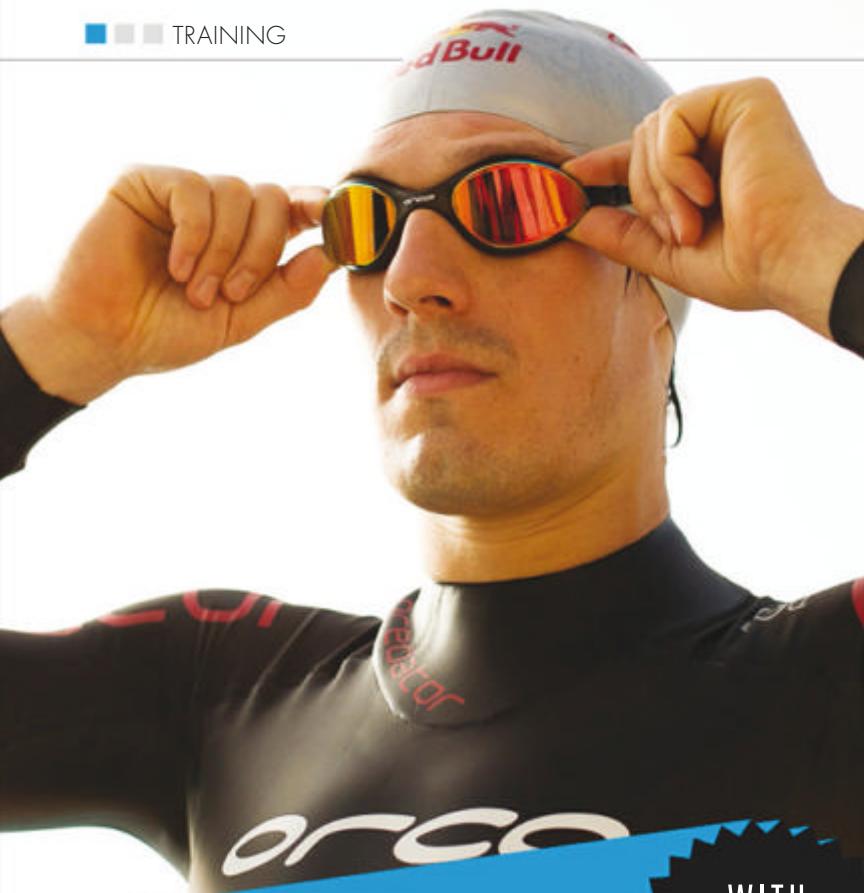
It's no secret that in order to reach your peak performance, you must make exercise and training an integral part of your daily life. However, you'll have a much easier time achieving your fullest potential by integrating EPO-BOOST® into your daily routine. This product could be the "edge" you have been looking for.

Any athlete can use EPO-BOOST® without a prescription and without changing a diet or exercise regimen. The company offers an unparalleled guarantee. Athletes can use the product for a full 90 days and if not completely satisfied, send back whatever product is remaining - even an empty bottle - and get a 'no questions asked' refund.

Biomedical Research Laboratories accepts orders at www.EPOBOOST.com. A company spokesman confirmed a special offer: if you order this month, you'll receive free enrollment into the company's Elite Athlete Club where you'll qualify to receive a full 25% discount on all your bottles of EPO-BOOST®. And so you don't go a day without EPO-BOOST® in your system - increasing your endurance, you'll automatically receive a fresh bottle every 30-days and your credit card will be billed the Elite Athlete Club Member Price of \$44.95 plus S/H - not the \$59.95 fee non-members have to pay. There are no minimum amounts of bottles to buy and you can cancel at any time. Visit www.EPOBOOST.com or call 1-800-780-4331 to order today.

¹ Whitehead et al. Int J Sport Nutr Exerc Metab, 17 (2007): 378-9.





TRAINING TROUBLESHOOT

WITH
Sebastian Kienle

PROBLEM: Placing too much emphasis on stroke technique and drills

SOLUTION: Key workouts should combine endurance sets with speed sets that have short rest intervals.

"Just doing drills will not help your technique," Kienle says. "Doing drills right is important, but just going through the motions is not effective without knowing exactly what you're doing in the water." The message here is that unless you have a coach critiquing your stroke from the pool deck, your time is probably better spent pushing yourself to get faster in the water.

"This is a key workout for me because it incorporates endurance and speed. The change of pace between pulling and the 100s and 50s simulates a race." —EVAN RUDD

Sample workout:

Repeat four times through with three minutes rest between each set:

- 400 moderate pull
- 4x100 with 5 seconds rest
- 4x50 with 5 seconds rest
- = 4000-yard main set

beginner tip:

WHEN TO START USING PADDLES IN TRAINING

Training with paddles can be a great way to increase strength in the pool, but there's a risk of adding them into your workout mix too soon.

The decision regarding whether or not you should use paddles should not be made purely off a time or pace standard. Instead, the choice to add paddles to your routine should be based upon your technique and stroke in the water. Paddles exponentially increase the force placed on your muscles and joints during each stroke. If your current technique is slightly awry, adding paddles might be the straw that breaks the camel's back and suddenly you have a shoulder injury.

If you're a beginner, ask your coach if he or she thinks you are technically ready for paddles. Always start with a small paddle so your body can slowly adjust to the added resistance. If you're an experienced swimmer, beware the risk of relying on paddles when you get tired in the pool—using them when your form is at its worst will only hurt you in the long run. —SARA McLARTY



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FREE SPEED!

Want to gain an edge without draining your wallet? Apply these small details to your training and racing.

BY BETHANY RUTLEDGE

WHEN TRIATHLETES REFER TO "FREE SPEED," they often mean race wheels and aero helmets that won't "cost" you any extra fitness. We love fast gear, but real fitness and little technical details, like the ones below, can give you an edge during your next race without the hefty price tag.

STAY IN AERO

A slick-looking setup with no spacers means nothing if you spend half the bike leg sitting up. "Sitting up on a bike is the same as riding your brakes downhill. ... You're sure to lose all the free speed you purchased when you bought your aero triathlon bike," says Matt Cole, owner of Podium Multisport in Atlanta. "The most aero position in the world won't help you if you can't hold it more than five minutes." A good fitter should work with you not only to find the most aero position, but to also set you up with one you can actually hold for the duration of the bike leg.

EXCHANGE BOTTLES EFFICIENTLY

If you are stopping to mix powdered drink mix with aid station water, pulling over to the side of the road to exchange bottles, or slowing to a glacial pace to do the exchange, you are wasting precious time. You can benefit greatly from practicing the handling skills necessary to slow only marginally and exchange as efficiently as possible. Get through the exchange in 10 seconds with these four steps:



1. Slow down, make sure your path to the bottle is clear (2 seconds)
2. Ditch old bottle (1 second)
3. Point/make eye contact with volunteer you intend to receive the new bottle from (1 second, bonus points: thank him or her)
4. Put new bottle in cage or pour into aero bottle (1–7 seconds)

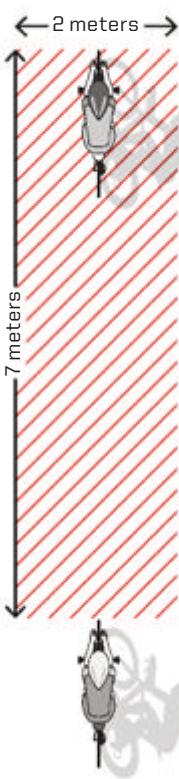
TAKE ADVANTAGE OF LEGAL PACING ▶

There is a reason that top athletes consider it an advantage to ride "with" others of similar speed, and that is because there are both mental and physical benefits of pacing and "slingshotting."

According to USA Triathlon rules for amateurs, the term "drafting zone" refers to a rectangular area 7 meters long and 2 meters wide surrounding each bicycle. "The longer sides of the zone begin at the leading edge of the front wheel and run backward parallel to the bicycle; the front wheel divides the short side of the zone into two equal parts."

Basically that means there is nothing wrong, technically or morally, with gaining an advantage by sitting outside of 7 meters or pacing. Similarly be smart (but safe) when passing through someone's draft zone during your 20-second passing window.

THE DRAFTING ZONE



▲ DON'T CARRY A BUFFET

You may have heard a fellow triathlete say to think of the bike leg as "a rolling buffet," especially in Ironman racing. Yes, you need to keep eating and drinking consistently throughout the bike leg. But the time cost, weight and drag of a tree of gel wrappers flapping in the wind on a bike frame loaded down with five bottle cages and 15 pounds of fluid adds up!

A good way to pare down is to eliminate nutrition choices—don't try to take along five different options just in case you have a craving for something specific. You will have plenty of time to satisfy that craving once the race is over! The best option is to live (at least a little bit) off of what's offered on course. Train with what will be at the aid stations during your race simulation days to make sure it sits OK in your stomach, then pack the opposite variety of nutrition (e.g., if fruity gels are offered on course, bring chocolate or savory options) to avoid flavor or texture fatigue.

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LL#26554872

how to...

CLEAN YOUR BIKE IN 10 MINUTES

Try to resist the urge to immediately flop onto the couch with your favorite recovery snack after getting home from a soggy ride—taking 10 minutes to clean your machine is critical to its performance and will help prolong the life of your components. **BY EVAN RUDD**

STEP ONE

WASH IT OFF. Remove the wheels for better access to your bike's nooks and crannies and give your ride a light spray to wash off road crud. Try to avoid spraying water directly into sealed components like the bottom bracket and headset.

STEP TWO

SPRAY IT DOWN. Use a cleaning product like Finish Line's Super Bike Wash that's safe for your entire bike. You can either spray it directly onto your frame or onto a rag. Make sure to clean under your downtube by the bottom bracket to wipe away dried drink mix that may have leaked out of your bottles. Scrub the tires, spokes and rims of your wheels, inspecting the tires for cuts and wear.

STEP THREE

CLEAN YOUR CHAIN. Park Tool's Chain Cleaning System is easy to use and highly effective. Just fill it with the included ChainBrite cleaner and spin your cranks backward to remove grime picked up from the road. This kit is great because it comes with a brush you can use to clean in between the cogs of your cassette.

STEP FOUR

RINSE AND DRY. Rinse your bike off again or use a bucket and sponge to save water. Wipe it dry with a soft towel and apply your preferred chain lube. If you want to go the extra mile, spray on Pedro's Bike Lust to give your paint a little extra shine and to help protect the finish.



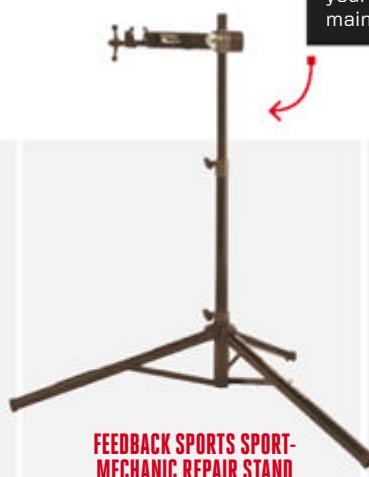
TIP: Investing in a stand like the Feedback Sports Sport-Mechanic Repair Stand will make cleaning your bike and performing general maintenance much easier.

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PARK TOOL CG 2.2 CHAIN CLEANING SYSTEM
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FINISH LINE SUPER BIKE WASH 1L SPRAY BOTTLE
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TRAINING TROUBLESHOOT

WITH
Sebastian
Kienle



PROBLEM: Riding too far, too slow

SOLUTION: Incorporate intervals and hill workouts.

"Doing long, easy rides is a good way to build a solid base. But in order to get stronger and faster, doing intervals is the only way to improve."

Kienle says incorporating a weight-lifting routine is another way to build strength, as well as one-leg drills on the trainer. In your aerobars, do three sets of 50 revolutions per leg, focusing on a smooth, circular pedal stroke.

—EVAN RUDD

Sample workout:

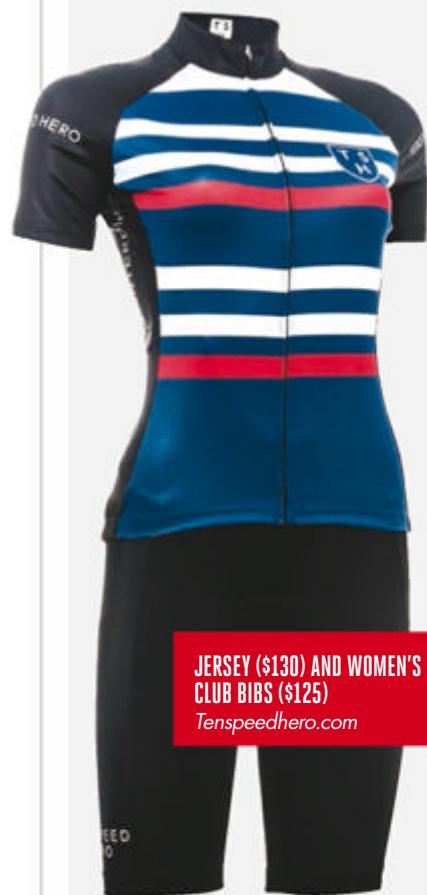
- 30-minute warm-up
- 4–8 hill repeats of about 10 minutes each at race-pace power with a cadence of 40 RPM or less
- 30 minutes easy at a recovery pace
- 3–5 10-minute intervals at race-pace power on a flat road with a cadence of 100 RPM

"This workout builds strength in addition to increasing speed and turnover."

bike kit of the month **HERO STATUS**

▼ Chicago-based TenSpeed Hero has an eye for design both on the company's witty, edgy cycling journal/blog and in its collection of cycling products, including jerseys, caps, socks and outerwear. Their bright color palettes and bold prints are fun yet classic-looking, making them a unique staple in your kit wardrobe that won't go out of style next season.

Made from Italian woven Lycra, the jerseys are sized from XXS (XS in men's) to XL, giving a wide range of fit options for all breeds of cyclists, and each comes with three rear pockets and a zipper pocket for safe storage. The brand describes its bibs, with flat-lock stitching for a seamless feel, as having the "zeal of a superhero cape." —JENÉ SHAW



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CHALLENGE POCONO MOUNTAINS PENNSYLVANIA 16 AUG
CHALLENGE MACEDÔ BRAZIL 23 AUG
CHALLENGE MAINE MAINE 30 AUG
VALLEY FIRST CHALLENGE PENTICTON CANADA 30 AUG

CHALLENGE CEDAR POINT OHIO 12-13 SEPT
CHALLENGE RANCHO CORDOVA CALIFORNIA 19 OCT
CHALLENGE IXTAPA MEXICO OCT
CHALLENGE FLORIDA FLORIDA 15 NOV
CHALLENGE FLUFIANOPOLIS BRAZIL 29 NOV

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THE 30-20-10 WORKOUT

Regular fartlek-style workouts can up your performance while decreasing training time. **BY MACKENZIE LOBBY HAVEY**

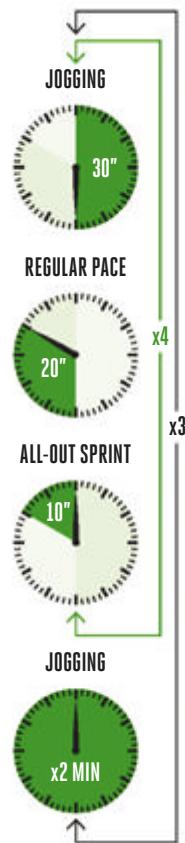
WHEN IT COMES TO IMPROVING RUNNING

fitness, every workout has its place in a training plan. Three miles of easy running does not elicit the same fitness gains as three miles of tempo or interval-paced running. One is not more important than the other, and all are necessary to elicit fitness gains. Even so, many triathletes still find themselves getting stuck in a rut of logging too much easy mileage, neglecting the more high-intensity efforts. If this sounds familiar, consider the results of a study published in the *Journal of Applied Physiology* that demonstrate the advantages of including harder workouts in your training regimen.

Researchers at the University of Copenhagen in Denmark monitored two groups of runners over

a seven-week period. One group continued their normal running and the other subscribed to a regular fartlek-style workout. After a short warm-up, this workout involved 30 seconds of jogging, 20 seconds of running at a regular training pace, and 10 seconds at an all-out sprint, four times in a row continuously. They followed that routine with a two-minute jog and then repeated the cycle two more times. After doing this three times a week for four weeks, they bumped up to completing the cycle four times for each of the remaining three weeks. While this group was doing more high-intensity running than they had done prior, they actually reduced their total weekly mileage by 50 percent. At the end of the seven-week training program they

THE 30-20-10 FARTLEK



found that the group who was assigned the 30-20-10 workout improved VO_{2max} , 1,500-meter and 5K times, and their blood pressure and cholesterol numbers, while the control group did not.

"There are numerous reasons you should consider adding fartlek workouts into your running program," says Anthony Bagnetto, a USA Triathlon-certified coach based in New York City. "The obvious benefits include increased anaerobic capacity, greater muscular force and endurance, and an elevated neuromuscular response that comes with the higher leg turnover and quicker cadence."

While the Danish researchers used a 30-20-10 approach, there are plenty of other ways to structure fartlek training. The word "fartlek" simply means "speed play" in Swedish, allowing you to literally play around with combining harder and faster running in one uninterrupted workout. The main thing that sets this type of training apart from interval training, for instance running 400s on a track, is the fact that the workout is continuous. Instead of stopping and starting, you're constantly charged with changing gears.

Bagnetto says that in learning to switch between jogging, steady-paced running, and all-out efforts on the fly, you're better equipped to respond to a competitor during a race as well. "For competitive athletes, there is nothing more sobering than seeing someone in your age group coming up behind you in the latter stages of a race," he says. "Being able to kick into a faster pace immediately and comfortably can mean holding off a charging competitor, and fartlek runs are perfect for this kind of prep."

A collage of various Ironman Miami 2015 event photos, including triathletes running, cycling, and swimming, along with scenes of the city skyline and finish lines.

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EMBRACE THE RAIN

Don't let April showers keep you inside. Use these rain-friendly essentials for wet training runs.

BY MICHAEL NYSTROM



1 NEW BALANCE ULTRA HOODED JACKET

The packable jacket features an adjustable hood and hem and is made of anti-snag nylon that is both wind- and water-resistant. \$125, Newbalance.com

2 PEARL IZUMI WOMEN'S FLY SS TOP

This semi-form-fitting top in a lightweight, soft and moisture-transferring fabric will make this a go-to for wet runs; the black color keeps it from being see-through. \$30, Pearlizumi.com

3 UNDER ARMOUR PERFECT PACE PRINTED RUNNING SHORTS

These shorts feature a built-in brief for a chafe-free performance and a lightweight woven fabric that will wick sweat and rain alike. \$35, Underarmour.com

4 BALEGA ULTRA LIGHT NO SHOW SOCKS

With elastic support in both the arch and heel, these low-profile socks will stay on your feet even in wet conditions.

\$12, Balega.com

5 2XU RUN HAT

Available in several different colors, this cap is made from 100 percent nylon and will shield your face from rain while you run.

\$22, 2xu.com

6 INCIPIO PERFORMANCE ARMBAND (FOR IPHONE 6)

Sleek, lightweight and comfortable, this exercise armband is water-resistant and features a key pocket and touch-responsive window.

\$30, Incipio.com

7 ZOOT SOLANA ACR

Featuring road-gripping lugs and a weather-resistant treatment, this neutral shoe is great on wet pavement.

\$110, Zootsports.com

8 ASICS STORM SHELTER JACKET

Fully lined and breathable, this seam-sealed jacket is wind- and water-resistant and features 360-degree reflective features. \$130, Asicsamerica.com

9 ADIDAS SUPERNOVA TEE

Designed for long-distance comfort, this long-sleeve shirt features ventilation for steamy rain runs and thumb-hole cuffs for cool-weather days.

\$45, Adidas.com

10 BROOKS ESSENTIAL 3.5" SPLIT SHORT

Less fabric means less to get wet and ultimately less chafing. The reflectivity will also increase visibility on overcast days. \$34, Brooksrunning.com



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PROBLEM: Spending too much time running at a comfortable pace

SOLUTION: Get out of your comfort zone by running hard off the bike.



"In the last year, I've only done three long runs over 19 miles in training. I get much more out of my runs by simulating the muscle fatigue I experience in a race that comes from running after a ride."

—EVAN RUDD

Sample workout:

- 2-hour bike ride at an easy pace
- 12–15-mile run at a pace about 10 seconds per mile faster than race pace

"Running harder for less time decreases the overall impact on your body and pays off with aerobic gains as well."

KNEED TO KNOW

New study reveals the impact on your knees at various run speeds.

Don't eat a big meal before swimming; don't run with scissors; and don't run too fast or you'll get injured. All valuable wisdom handed down from parents (and running coaches) everywhere. But just as the finer points of stride rate, running style and running shoe cushioning have been dissected by running experts everywhere, so too has the question of optimal running speed.

A recent article in the *Journal of Orthopedic and Sports Physical Therapy* revealed that running speed plays an important role in the amount of impact the knee experiences during a run. In the study, a group of recreational runners was asked to run 1000 meters at three different running speeds—5 mph, 7.3 mph and 9.8 mph.

While stress to the knee with each individual stride increased with running speed, the overall stress to the knee was 30 percent less at the faster speed because of the lower number of strides needed to cover the same distance. The authors state, "Our results suggest that runners could be more prone to injuries to the front of the knee region at slower running speeds."

The study also goes on to suggest that for those who run longer distances at slower speeds, especially when fatigued, long slow mileage may be associated with overuse injuries of the knee.

"At faster speeds, runners tend to have better hip biomechanics, which leads to reduced loads on the knee," says Dr. Michael Fredericson of the Stanford Running Clinic. "In addition, at faster speeds you are more likely to be on your forefoot, which decreases cumulative load to the knee, especially the kneecap."

But wait. Before lacing up the racing flats, consider this: The same Danish researchers published an article in the journal *Clinical Biomechanics* that determined much of the extra workload for faster speeds was supplied by the muscles of the lower leg and foot, possibly leaving structures such as the Achilles and plantar fascia at heightened risk of injury.

The authors conclude that knee injuries are less likely to be associated with excessive increases in running speed but rather sudden changes in running mileage might be the determining factor. On the other hand, lower-leg and foot injuries may be related to a large increase in running speed.

So it's possible that runners with certain running-related injuries don't need to stop running—they might just need to change speeds. —IAN McMAHAN



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2015

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TIME TO GET PLANNING! THESE DREAM TRIATHLON TRIPS
ARE THE ONES THAT BUCKET LISTS ARE MADE OF.

BY JENÉ SHAW

TRAVEL HACKS FOR TRIATHLETES



1

LEEDS CASTLE TRIATHLON

Kent, England

Sprint, Olympic, junior aquathlon

June 27–28, 2015

Leeds-castle.com



SLEEP IN A CASTLE—THEN SWIM AROUND IT

Ever swum in the moat of a castle before? We didn't think so. At the Leeds Castle Triathlon, you not only get to race around a majestic 900-year-old castle, you get to sleep in the luxurious rooms the night before the race. The Dine and Sleep option includes a sports massage and a pre-race dinner in the Henry VIII Banqueting Hall and a healthy, proper English breakfast as part of the weekend. The course starts with a swim through the castle's arches, then a rolling bike course and challenging off-road run route through the castle grounds, amid the 500 acres of parkland and formal gardens.

Traveling to a destination race can seem daunting. But with help from a few experts and experienced travelers, we've compiled a collection of useful tips and tricks to make your next wheels-up adventure simple and stress-free.

BY HOLLY BENNETT

NUTRITION TO GO

Ironman champion Linsey Corbin considers food from home as a critical travel provision. "Always pack healthy snacks for the flight and some of your favorite pre-race foods, as you never know whether a grocery store will be convenient (or carry what you need) when you arrive," Corbin says. Her go-to travel snacks include apples, carrots, pretzel sticks, mixed nuts, Emergen-C (vitamin C supplement), tuna, dark chocolate, hard-boiled eggs, her favorite coffee and individual packs of Justin's Nut Butter.



This GO by Thinksport container (\$15, Amazon.com) is an easy way to take a healthy meal on the go to avoid airline meals.



TRAINING IN TRANSIT

Where does training fit into your before, during and after travel plans? "Gauge the stress of your travel against the stress of your workout," says Jay Dicharry, a physical therapist and director of the REP Biomechanics Lab in Bend, Ore. (Reporegon.com).

"Sometimes packing and getting the family together can make you feel like you just ran a marathon, and other times trips are a lot simpler than we make them out to be. If you are feeling fresh, then stay on your training plan, and if you've got a hard workout, go for it. But if you are too stressed or fatigued to even think about hitting 8x2-minute intervals, it's best to push that to another day." During a taper week, it's often easiest to plan your travel day as a day off from training entirely.

In flight, compression socks or tights are an endurance athlete's travel essential, as is regular movement. "Try to walk around every 90 minutes," Dicharry suggests. "If you're stuck against the window, try this: Scoot forward and lean so that you've got some weight through your lower legs and do ankle pumps for about a minute, several times through the flight. You store a lot of blood volume in your lower legs, and the key to preventing clots is to move it around."

A long layover can serve as an opportunity for an easy jog, outside or on a treadmill if available at an airport gym (Chicago, Munich, Dubai, Singapore and more locations have them now). Most airports have lockers or "left luggage" counters where you can temporarily stash your carry-on, and if you're lucky enough to enjoy lounge privileges you might find a shower where you can freshen up afterward.

Skins RY400 recovery tights, \$140, Skins.net

CEP Progressive+ 2.0 Run Socks, \$60, Cepcompression.com



2

"TOP OF THE WORLD" TRIATHLON

St. Moritz, Switzerland
Sprint, "middle" distance
(1500m swim, 102K bike, 19K run), kids race
Aug. 8–9, 2015
StMoritz.ch/triathlon



RACE ALONGSIDE A GOLD MEDALIST IN THE SWISS ALPS

Elite coach Brett Sutton chose the mountain town of St. Moritz as his new training grounds in 2014, hosting camps with top-level athletes such as 2012 Olympic gold medalist Nicola Spirig and current Ironman 70.3 world champion Daniela Ryf. It's no surprise why—the town is surrounded by the postcard-perfect Swiss Alps, sits higher than 6,000 feet of elevation and has a pristine track and trails for running as well as a spectacular new lap pool built last year. In August, the "Top of the World" Triathlon event will be held in St. Moritz, with a race for adults on the Saturday and the Nicola Spirig Kids Cup on Sunday—both low-key races that make it an easy excuse to make your way to this pristine Swiss town.

3

ALPE D'HUEZ TRIATHLON

Alpe d'Huez, France

Short course (1.2K swim, 30K bike, 7K run),

long course (2.2K swim, 115K bike, 22K

run), duathlon, kids race

July 28–August 1, 2015

Alpetriathlon.com



CLIMB 21 SWITCHBACKS UP THE FAMOUS ALPE D'HUEZ

There is very little that's "typical" about the Alpe d'Huez Triathlon. The race boasts a five-day triathlon festival of various distances, with international athletes from a wide array of locations. The unconventional start times—the long-course race starts at 9:30 a.m. on a Friday, short course begins at 2 p.m. on a Saturday—is a welcome change for most. And because it's a point-to-point race with two transitions, all competitors ride their bikes down the mountain in the morning to the start. The main attraction is the famous Alpe d'Huez climb, which goes up 3,605 feet over 8.6 miles, with some pitches in the double digits and an 8 percent average grade (ouch!) during its 21 switchbacks. The cold swim and relentless run course held at higher than 5,000 feet top it off to make this triathlon one of the hardest—but most rewarding—you'll ever do. (Good thing you can recover afterward in a mountain-top chalet.)



4

SNORKEL YOUR WAY TO POST-RACE RECOVERY IN THE GREAT BARRIER REEF

2013 Ironman Cairns winner Luke McKenzie says the bike course of this tropical destination race is "one of the most stunning on the circuit." The Captain Cook Highway twists alongside the ocean for unprecedented views during the 112-mile bike, and the serene cove swim and run along the Esplanade make this Ironman worthy of "racecation" status. The North Queensland area is home to the spectacular Great Barrier Reef, and what better way to recover from a race than snorkeling alongside tropical fish and sea turtles? Because the area is situated between the reef and the rainforest, you could book a different type of adventure every day: Want to visit an alligator farm? In the mood for skydiving? Curious about nighttime animal habits? There's a tour for that.

IRONMAN CAIRNS

Cairns, Australia

Iron-distance

June 14, 2015

Ironman.com





PACK RIGHT

When it comes to packing, evaluate the basics first, says pro Mary Beth Ellis, who was formerly the marketing manager at Ebags.com. How long will you be gone? Is it a weekend race or a two-week training camp culminating in a race? What are the weather conditions—predictable like Kona or variable like Lake Tahoe in September? Will you have access to a washer/dryer? Then, pack only the items that serve a trip-specific purpose.

GEAR ESSENTIALS

Is there a local bike mechanic or shop you trust? If yes, skip the pump and extra bike tools.

Can you purchase race nutrition locally? Pack only what you need—reserving that space on the return trip for your finisher medal and tee.

Split transition? If so, bring an extra pair of run shoes to wear race morning after handing in your T2 bag.

Unless you're certain of the water temperature reading, pack both a wetsuit and a speedsuit.

For short trips, bring only race wheels. For longer trips, bring training wheels to lower the risk of flatting on race day.

PACKING HACKS

Wear comfortable travel clothing and pack a few additional items that can be worn interchangeably.

Extra shoes require extra space—only pack what you need.

Use packing cubes.

Pack socks into your run shoes, and swimsuits and goggles into your bike shoes.

If you're staying at a hotel, rely on the complimentary shampoo, soap, conditioner, lotion and shower gel. Pack only carry-on-compatible amounts of your must-have toiletries.

Pack some items in your bike bag or box, but be wary of the airline's weight limit.

our packing

A-LIST

A few must-pack particulars to increase your travel comfort, with little extra weight

An travel-sized dual voltage kettle.

(we recommend the Severin WK 3644, weighing a little more than a pound), perfect for boiling water in the wee hours for race morning oatmeal and coffee. Add a single-cup Melitta cone, filters and a supply of your favorite ground coffee beans and you'll be caffeine-equipped anytime, anywhere in the world.

ELLIS' GO-TO TRAVEL BAGS



Tumi Carry-On Rolling Duffle

(Tumi.com)

"I've had it since working for Ebags back in 2002. It's so simple but it's my favorite for short trips and keeps me from overpacking."



Fitmark Competitor Backpack

(Fitmarkbags.com).

"It's great for traveling and does double duty as my transition bag on race morning."



TYR Convoy Rolling Luggage Duffle

(Tyr.com)

"For longer trips, it has plenty of room to pack everything I need for extended training as well as race day."

5

UWC TRIATHLON BAHAMAS

Nassau, Bahamas
Sprint, Olympic, kids race
November 2015
Uwctrathlon.com



TAKE A TROPICAL END-OF-SEASON VACATION IN THE BAHAMAS

Looking for a fun way to end your season this year? This small, bring-your-kids event is relatively new (2011) and has attracted some top pro talent, including Gwen Jorgensen, Luke McKenzie and Ben Hoffman (who proposed to his girlfriend while snorkeling there last year!). If you don't go for the race, fly there to train or relax: The new 30-room boutique hotel The Island House (The-island-house.com), which is backed by triathlon enthusiast Mark Holowesko, is slated to open in spring 2015 with two restaurants, a café, a movie theater, a lap pool and gym with a full schedule of fitness classes.



TRIATHLON'S NEWEST HOTBED: THE MIDDLE EAST

Between the addition of an ITU World Triathlon Series race for the next five years in Abu Dhabi and the Challenge Family announcing a Triple Crown Series taking place in Oman, Dubai and Bahrain, the Middle East has become the newest trendy spot for triathlon. There are multiple opportunities to introduce yourself to the Middle East via multisport—through one of Challenge's races, the Abu Dhabi International Triathlon every March (Abudhabiitriathlon.com), or the short-course triathlon on a Formula One race track at the TriYAS Triathlon (Yasmarinacircuit.com) that takes place in February. Abu Dhabi is about 90 minutes away from the architectural spectacle of Dubai, and a desert excursion (Camel riding! Sand duning!) and a mosque visit are must-dos.

NILS NILSEN; PAUL PHILLIPS / COMPETITIVE IMAGE





b

CHALLENGE WANAKA

Lake Wanaka, New Zealand

Iron-distance

February 2016

Challenge-wanaka.com



TAKE IN PANORAMIC LAKE AND MOUNTAIN VIEWS ON COURSE

Often topping lists of Best Destination races, Challenge Wanaka is held at a dream venue with a glacier-fed lake, pristine forests and New Zealand's Southern Alps as your race course. (The Lake Wanaka Half runs concurrently.) Outside of the actual course, Wanaka is a wine and food lover's paradise with more than a dozen vineyards in the area, and plenty of farm-to-table-focused fare. There's also an abundance of outdoor activities like sailboating, kayaking and mountaineering.

JETTISON THE JETLAG

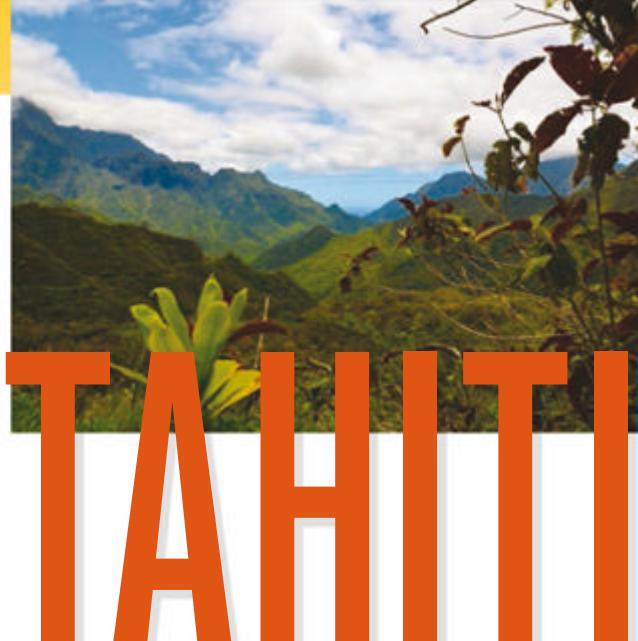
Traveling across time zones can wreak havoc on your sleep patterns, but a few simple tricks can help ease the adjustment.

First, start your trip rested by packing a few days in advance and avoiding a late-night cram session. Set your watch to your destination's clock immediately upon takeoff to get your mind accustomed to the new time zone. JetZone (a homeopathic anti-jetlag remedy) helps reduce jetlag symptoms, while melatonin (a natural supplement used to aid sleep) or even a simple eye mask and earplugs can significantly improve rest on board. If you arrive during daytime, try to stay awake until early evening (an easy afternoon swim or run can help you feel refreshed), then aim for a solid night's sleep, as a solid 7–9 hours is the best bet to get back on track. A spritz of lavender essential oil on your pillow is another natural way to encourage relaxation.

PROTECT YOURSELF

Travel insurance is one of those things you think you'll never need—until it's too late. Check your existing policies first (medical, auto and homeowner or renter's insurance), plus any protection benefits provided by the credit card used to pay for the trip; then consider additional coverage. "One of the most important things I tell all our guests when they confirm a trip is to protect their trip with travel insurance," says Sandy Cunningham, president of Outside GO (Outsidego.com). "I've seen so many unprecedented occurrences that prevent people from traveling that it is worth it." Cunningham has been using Allianz (Allianzusa.com) for years—it offers a wide range of coverage for as little as \$40.

Also, store scanned copies of your passport, insurance cards and credit/debit cards in your phone or tablet in case they are lost or stolen.



TAHITI



total island immersion

When you think of Tahiti, images of Bora Bora's secluded huts over the water and "honeymoon" might come to mind, but the big island (simply "Tahiti") also offers one of those most beautiful and challenging race experiences you will find anywhere.

Multiple river crossings. Mud-slicked climbs. Massive waterfalls. The brutal off-road course of the TranXTahitienne—now Tahiti XTERRA, as of 2015—offers incredible views of the untouched rainforest that your average tourist will never see.

Started by a group of friends with a passionate sense of adventure, the off-road triathlon (or duathlon relay, in which you trade running and cycling with a partner) starts on one coast of the island and traverses the rainforest and mountains to reach the other side in a 1.5K ocean swim, 32K mountain bike and 9K trail run. The race is less about your competition with one of the few hundred other competitors—it's more about you against the terrain.

Need more convincing? An easy eight-hour direct flight from Los Angeles to Papeete makes the trip simple compared to many other international destinations.

TAHITI XTERRA

1.5K swim, 32K mountain bike, 9K run
April 25, 2015

As of press time, more information can best be found by visiting the "VSOP Transtahitienne TXT" Facebook page



GO FOR THE RACE, stay to explore

EAT LIKE THE LOCALS

Every night around 6 p.m., food trucks or *Les Roulettes* serve everything from Tahitian ceviche to French crepes in Papeete's Vai'ete Square. The lively, festive environment brings together a diverse group of locals.



VISIT A POLYNESIAN TEMPLE

Marae (aka ancient temples) were used by Polynesians as a gathering place and for all types of ceremonies. The Arahurahu Marae was restored in the 1950s, and tiki replicas greet visitors interested in seeing a piece of the culture.



GRAB LUNCH AT LA PLAGE DE MAUI

This little hidden gem of a sand-floored shack sits on the water of one of Tahiti's most picturesque beaches of the same name, serving incredibly fresh fish and Polynesian fare. For fun, when you're done with your meal, the owners encourage you to feed scraps to the fish below.



GO ISLAND HOPPING

From Tahiti, you can see the island of Moorea in the distance, which is well worth a day trip (take a morning ferry, Aremiti.net) or overnighter. Both Europcar and Avis have locations next to the terminal to make exploring by car easy. Or you can spend your day on various excursions, such as a 4x4 tour, whale watching, or a catamaran trip through Poe Charter, where you'll swim in a lagoon and spot stingrays and sharks.



LEAVE IT TO THE EXPERTS!

The owner of **Steadywanderlust.com** works closely with the race directors and can put together your dream Tahiti itinerary for after the race.

7

HACIENDA TRES RIOS TRIATHLON

Riviera Maya, Mexico

Sprint, kids race

May 17, 2015

Haciendatresrios.com/triatlon



SWIM IN A CENOTE, RUN ON JUNGLE PATHS IN THE MEXICAN CARIBBEAN

Eco-friendly resort Hacienda Tres Rios sits on a 326-acre natural park just 45 minutes south of Cancun and 15 minutes from Playa del Carmen. This year will be the fifth running of a sprint and junior triathlon, which has a grassroots, super family-friendly feel that will give you a glimpse into the enthusiastic triathlon culture in Mexico (high chances you'll be one of very few Americans). You'll swim upstream in a freshwater *cenote* (natural sinkhole) and run through the jungle. Finish the race with a chili-powder-covered apple and celebrate with a relaxing spa day at the resort or on a festive party boat at Xoximilco (Xoximilco.com).



USEFUL URLs

Kayak.com & Momondo.com

Travel aggregators for airline tickets, hotels and rental cars. The most efficient way to compare costs and availability, with an array of useful filters to customize your search.

Airfarewatchdog.com

The upside to registering for most races months in advance? There's time to play the airfare watch game. Sign up for fare alerts and buy at the best price.

Seatguru.com

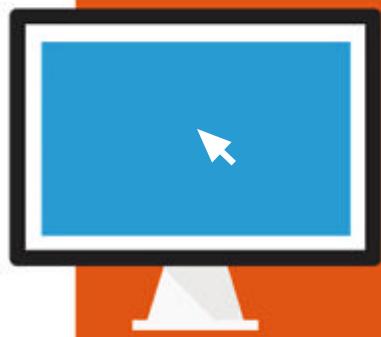
Choose your seat based on specifics such as legroom, amount of recline, carry-on baggage space, proximity to restrooms and engine noise.

Airbnb.com

Unique—and generally affordable—vacation accommodations around the world.

Spinlister.com

Rent a bike from a local triathlete or cyclist at your destination.



Prioritypass.com

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8

IRONMAN
70.3 PUCÓN
Pucón, Chile
Half-Iron
January 2016
Ironman.com

WAGNER ARAUJO / ENDURAPIX

GET YOUR ADRENALINE FIX IN SOUTHERN CHILE

The Pucón 70.3 is an early-season beast of a course with breathtaking views of the Villarrica volcano as a backdrop. The swim is calm, the two-loop bike course has steady false flats but no really intense climbs, and the run is filled with steep, tough hills—all accompanied by the cheers of enthusiastic Chilean spectators. The area is widely known for its adventure tourism, with options like white-water rafting, canyoning, zip-lining and the popular climb up to the top of Villarrica, which sits at more than 9,000 feet. Carnivores will love the barbecue-focused local meat food scene—the walkable streets of Pucón are lined with restaurants with outdoor grills.

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Some of us on the *Triathlete* staff have been known to only choose races where TriBikeTransport goes because we loathe dealing with bike travel. TriBikeTransport makes it incredibly easy to bring your wheels to 90 destinations and seven countries (and growing). You simply drop off your bike at a local retailer before the event, fly there on your own, and once you arrive, it's waiting for you in transition. After you cross the finish line, drop it back off and they'll take care of getting it to your home bike shop. TBT fees start around \$300 and go up depending on the event and pickup location. Tribiketransport.com

BIKE BAG PRICE TAG

The fees listed below are charged on flights to/from the U.S. each way for bike bags/boxes exceeding normal luggage weight and size limits. Always double-check your airline's policy regarding your specific destination.

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\$150 within U.S.,
Canada, Puerto Rico & U.S. Virgin Islands;
\$200 all other destinations

AMERICAN

\$150 all destinations except Brazil (\$75)

DELTA

\$150 all destinations except Brazil (\$75)

SOUTHWEST

\$75

US AIRWAYS

\$150

JETBLUE

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\$75

HAWAIIAN AIRLINES

\$150

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\$100

AIR NEW ZEALAND

\$150

LUFTHANSA

\$150 (Note: You must register your bike with the airline once you've booked your ticket.)

CATHAY PACIFIC

\$150-\$230 (variable according to departure and destination cities)

EMIRATES

\$225 (subject to both \$50 overweight and \$175 oversize fees)

QATAR AIRWAYS

\$50

KOREAN AIR

No additional fee if within two free bag allowance; otherwise \$200

QANTAS

\$75 if within two free bag allowance, +\$175 if third bag

VIRGIN AUSTRALIA

\$100 if within two free bag allowance, +\$150 if third bag



A woman with blonde hair tied back is jogging away from the camera on a dirt path. She is wearing a white t-shirt with the text "i am STRONGER than ~~MS~~" printed on the back. She is also wearing black shorts and blue running shoes. The background shows a dry, brush-filled landscape under a clear sky.

UN

BY SUSAN LACKE

PHOTOGRAPHS BY ERIC SWANSON



**M.S. IS NO MATCH
FOR IRONMAN BETH ULIBARRI**

DAUNTED

IT WAS JUST A STING—AN INTENSE ONE, felt from her ribcage to her feet, but still, just a momentary sting. Forty-year-old Beth Ulibarri stood up in the middle of her Bikram yoga class, shook out her tension and moved on to the next pose. A few weeks later, the sting returned. This time, it left behind a souvenir—Ulibarri noticed her toes suddenly went numb. “How odd,” she thought. Assuming her latest marathon training had pinched a nerve somewhere, Ulibarri took a few rest days from training. She had been feeling tired lately, anyway.

Numbness turned to tingling, and the tingling moved from her toes to her feet and legs. When Ulibarri experienced an electrical shock shooting from her neck to her feet, she knew it was time to get her pinched nerve checked out by a doctor.

Except it wasn’t a pinched nerve. Over the course of two months, Ulibarri shuttled between specialists, MRIs of the brain and spine, and a spinal tap. In a brief meeting with a neurologist, her test results were revealed: The marathon runner and mother of two was diagnosed with multiple sclerosis.

“I was shocked,” recalls Ulibarri. “The doctor didn’t spend much time with us. He dumped some literature on my husband and me and sent us on our way to pick what MS medication to go on. It was very confusing and overwhelming.”

One of the first people Ulibarri called was her sister, Lori Schweighardt: “Along with shock came

several additional emotions: disbelief, worry and fear about the future and the unknown, and sadness for her, her husband, and her children,” her sister says.

As they texted hypotheticals for the future back and forth over the next few hours, Lori’s phone buzzed with yet another question from Beth: *What if I can’t run anymore?*

“That was a devastating feeling,” Ulibarri sighs. Running had become an essential part of her identity.

LEARNING MORE

MS, which affects 2.5 million people worldwide, is a disease affecting the brain and spinal cord. The autoimmune disease attacks myelin, a fatty tissue surrounding nerve fibers in the body, making it difficult for the brain to send signals through the body. As a result, those with MS may experience trouble walking, blurred vision, muscle spasms and numbness in the extremities. Simply coping with day-to-day activities can be challenging for those with MS, and many report extreme fatigue.

The sting Ulibarri experienced in yoga class was Lhermitte’s sign, an electrical sensation evoked by bending the head forward. Lhermitte’s is one of many early symptoms of MS. The tingling, too, was a trademark of the disease, as was the exhaustion. Would these symptoms mean she’d have to give up her active lifestyle?

“I got online and searched for information about



I KNEW SHE WANTED TO MAKE THE MOST OF EVERY DAY AND EVERY OPPORTUNITY. IF SHE DIDN'T GO FOR IT, IF SHE DIDN'T TAKE ON IRONMAN RIGHT THEN AND THERE, SHE MIGHT NOT BE ABLE TO IN THE FUTURE."

people running and staying active with MS. I found very little information and became concerned that I might have to give up running," Ulibarri says. Armed with a list of questions, Ulibarri and her husband visited the doctor once more.

"He said as long as I listened to my body I could continue to run marathons," Ulibarri says. "He also said that training hard would not make my MS worse, although it may bring out some of my symptoms."

Ulibarri was relieved to return to her familiar trails in the midst of an otherwise unfamiliar situation. She relished her long runs and found solace in her track workouts. Three months after her diagnosis, Ulibarri qualified for the Boston Marathon. The experience inspired her to use endurance sports as a platform for raising awareness of those not just surviving, but thriving, with multiple sclerosis.

"Not finding much information online about athletes with MS inspired me to begin my own blog to hopefully show others that you can stay active with MS," says Ulibarri, who uses her blog, Miles and Trials (Milesandtrials.com), to chronicle her journey through multiple endurance activities, from marathons to 150-mile cycling events.

Not every event is a grand success: Twice, Ulibarri has ended up in the medical tent after races due to overheating. Many with MS experience extreme sensitivity to heat, and though Ulibarri tries to pick races with cooler temperatures, she knows weather conditions are always a gamble.

STEPPING UP

In 2013, Ulibarri took a vacation to Tempe, Ariz., with her husband, Rick. The two planned to volunteer at Ironman Arizona so Rick could register for the 2014 race. Inspired by what she saw on the course while volunteering, Ulibarri found herself in the registration line alongside her husband.



Reaction from her family was hesitant: "I was concerned about her taking on something this challenging," says her sister, Schweighardt. "Ironman is on the extreme end of the spectrum for the healthiest and most fit athletes. I was concerned for her physical health as well as her mental and emotional health. How would she deal with the disappointment if she couldn't do it—couldn't maintain the training, missing a time cutoff—because her body would not work the way she wanted it to?"

But as Schweighardt reflected on her sister's new goal, she knew there would somehow be another finish line Ulibarri would cross. This was, after all, the woman who qualified for the Boston Marathon three months after being diagnosed with MS.

"I knew she wanted to make the most of every day and every opportunity," says Schweighardt. "If she didn't go for it, if she didn't take on Ironman right then and there, she might not be able to in the future. Bottom line: I supported her all the way."

Training for an Ironman was a lesson in adaptation. Some days, Ulibarri had to ignore the tingling in her leg; other days required intense concentration on foot placement while running, lest she stumble. Sometimes the sting would come back. Still, she persevered.

Her tenacity paid off—on Nov. 21, 2014, Beth Ulibarri became an Ironman, finishing the Arizona course in 12:32.

"Crossing the finish line was everything I had imagined. I felt like I was floating on air," effuses Ulibarri. "It was amazing."

Schweighardt, who traveled to Tempe to cheer on her sister, struggles to put the experience into words: "To watch her, to be with her, to cheer for her throughout the day, and to be present for this achievement is one of the most amazing experiences of my life. We had shirts made for all of us to wear. They were personalized for each family member—'My mom is stronger than MS,' 'My sister is stronger than MS,' 'Our daughter is stronger than MS.'"

Beth, too, had her own shirt, which she wore proudly: "I am stronger than MS."

One finish line led to a new starting line for Ulibarri, who now plans to train for Ironman Coeur d'Alene. Along the way, she will continue to share her lessons learned and inspire those with MS to stay positive—and active.

"The response has been amazing. I have reached others who are online searching for exercising and MS just like I had done a few years ago. I have had quite a few people contact me with their MS stories and it has touched my heart. I hope that in some small way, I can use my situation to help others with their journey." ■

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PUSHING THE PACE THIS YEAR. BY DAN McINTOSH



THE FIVE TRAINING ZONES

Easy: Emarrassingly easy. If your friends don't comment on how slow you're going, you're not going easy enough.

Mod: Moderate effort. Rate of perceived exertion (RPE) 3–4 (on a scale of 10). Swim max effort for 40–70 min, bike max effort for 3–5 hours, run max effort for 2.5–3 hours.

Med: Medium effort. RPE 5–6. Swim max effort for 20–40 min, bike max effort for 90–140 min, run max effort for 75–120 min.

Mad: Mad effort. RPE 7–8. Swim max effort for 15–20 min, bike max effort for 45–70 min, run max effort for 20–60 min.

ALL OUT: Always max effort for whatever the duration is. If your friends don't comment on how ugly you're looking, you're not going hard enough.

The guidelines above will allow you to work off of feel without burying yourself or holding yourself back. When you have the energy, push yourself toward the harder limits of the zone. When you're not feeling it, pull back and work the easier side of the zone. If you are unable to match pace or volume and are sick, tired, stressed or dealing with GI issues, still do what you can and go 100 percent by how you feel. If you're injured, go easy and with caution, so long as you're going off of feel. If you can't do a workout, don't try to make it up. Work out how to avoid missing another one and move on.

**THIS TRAINING PLAN IS
DESIGNED FOR AN EXPERIENCED
ATHLETE LOOKING TO RACE A
HALF-IRON-DISTANCE TRIATHLON.
BEFORE STARTING THIS PLAN,
YOU SHOULD HAVE COMPLETED
AT LEAST EIGHT WEEKS OF
CONSISTENT TRAINING WITH
VOLUME OF NO LESS THAN 12
HOURS A WEEK.**

The plan begins moderately for the first four weeks and progresses in volume and then intensity. There will be a swim block early and bike block toward the end with consistent build in run volume and intensity. Weekly volume will max out at 19 hours before going into taper week. Upon completion of the 12 weeks, you will have improved your efficiency, focus and feel for perceived effort, especially around your half-Ironman race pace. You can continue to use power meters, GPS and heart rate to monitor efforts but this plan encourages you to learn how to pace yourself without needing the equipment.

We've all heard, "You're stronger than you think," but you don't find strength in your comfort zone. At some point, training can get uncomfortable. Discomfort is not a number—it's something we feel. Training by feel allows you to control your level of discomfort and find your strength. This plan will work off five zones; you will spend most of your time during this plan in the middle three zones.

WEEK 1

MONDAY

SWIM 1:00, aerobic. This is a standard Monday morning session intended to improve efficiency of your motor skills as well as your metabolism. Do first thing in the morning on an empty stomach. Coffee or tea is OK, but no sugar or milk.

Warm-up: 200 as you feel

Main set:

- 4x400 pull Mod, 10 sec rest
- 4x400 pull with paddles, Mod effort, 10 sec rest

Warm-down: 200 as you feel

Aim to keep heart rate low throughout and focus on your stroke. If time allows, go straight from the swim to the bike and begin your ride without calories. Otherwise, it's OK to eat after the swim and do the ride in the afternoon.

BIKE 2:00, fat burn. This is intended to be done immediately after the swim—no calories on the ride (water only). Keep effort easy for the first hour then build to moderate but working a bigger gear to keep heart rate low. After the swim and ride, refuel adequately.

RUN 30 min, easy. This should be done in the afternoon, preferably on trail or asphalt (avoid concrete).

TUESDAY

SWIM 1:00, speed and endurance.

Warm-up: 5x50 on 1:00

building each 50 easy to Med

Main set with paddles and buoy: 30x50: 2 Mod effort, third is ALL OUT, 5 sec rest between each 50

1K Mod effort

Warm-down: 5x50 on 1:00, all easy

BIKE 1:30, build.

- 10 min very easy
- 20 min build to Mod
- 30 min Mod to Med
- 10 min Med to Mod
- 20 min easy

You should start the 10 min Med to Mod with fatigue in legs so the final 5 min of Mod effort is very difficult. Keep cadence natural throughout.

WEDNESDAY

SWIM 50 min, endurance.

Do first thing in the day. A light

snack is OK before.

Warm-up: 250 as you feel

Main set:

- 10x100 Mod, 10 sec rest
- 10x100 Med, 15 sec rest
- 5x100 Mod, 20 sec rest

Warm-down: 250 as you feel

BIKE 30 min, easy pre-run. Do just before the run. Keep the effort easy and let your legs and body warm up without creating fatigue.

RUN 45 min, negative split. Do immediately after the ride. Count the number of times your right foot touches the ground in 15 seconds and multiply by 4. This is your cadence per minute. Aim for a cadence around 23 right steps, or 92 RPM.

- 20 min Mod effort
- 20 min Med effort
- 5 min easy

Be in control of your cadence throughout and work moderate and medium efforts. Focus on the effort and not the pace. It's OK to do an additional 10 min of easy jogging or spinning back on the bike to warm down.

THURSDAY

BIKE 1:15, with strength.

This session is intended to build strength with the addition of working your heart rate above and below threshold.

Warm-up: 10 min very easy, keep cadence at 70–85 RPM

Main set: Repeat 3 times in aero for all hard efforts

- 1 min Mod at 50–60 RPM with 1 min easy spin
- 2 min Mod at 50–60 RPM with 1 min easy spin
- 1 min Mod at 50–60 RPM with 2 min easy spin

Transition set: 4x30 sec Mod at 100+ RPM, 1 min easy

Final set: 4x2 min ALL OUT at natural cadence with 3 min easy

Warm-down: 15 min easy

Aim to work well above race effort on all Mod efforts despite lower cadence. If you're using power, you want Mod watts 20–25 percent greater than Ironman watts.

FRIDAY

SWIM 1:00, strength. Do first thing in the morning. A light

snack is OK before.

Warm-up: 200 easy

• 2x100 Mod

• 2x50 build to hard

All 200s are Mod:

• 4x200 pull with paddles, 10 sec rest

• 300 easy

• 3x200 pull with paddles, 10 sec rest

• 200 easy

• 2x200 pull with paddles, 10 sec rest

• 100 easy

• 1x200 pull with paddles

600 easy, no gear

Aim to work your form and heart rate on Mod 200s and maintain a constant pace and send off with 10 sec rest.

RUN 50 min, strength and speed. Do in the afternoon, ideally on a hilly course.

Focus on 90–95 RPM no matter the effort.

- 10 min easy
- 10 min Mod
- 10 min Med
- 5x(30 sec Mod, 90 sec easy)
- 10 min easy

SATURDAY

BIKE 2:00, with efforts.

- 1 hour easy but working in big gear with cadence around 60–70 RPM
- 20 min Mod effort, 70 RPM

Water break 5 min max. After the break, go straight into Mod effort to simulate race pace out of T1.

- 20 min Med effort, 80 RPM
- 20 min Mod effort, 90 RPM
- 10 min easy effort, 85–90 RPM

RUN 20 min, easy. Easy run off the bike to loosen legs.

SUNDAY

RUN 1:20, easy. Effort is easy throughout. It's ideally done on a soft surface such as trail or gravel (avoid concrete). Focus throughout on form, relaxing and breathing.

SWIM 30 min, easy. Do in the afternoon to loosen legs from the run.

Warm-up: 3x200 pull Mod, 10 sec rest

Main set: 40x25: 1 ALL

OUT/1 easy, 5 sec rest

Warm-down: 2x200 pull

Mod, 10 sec rest

WEEK 2

MONDAY

SWIM 1:00, aerobic. Do first thing in the morning on an empty stomach. Coffee or tea is OK, but no sugar or milk.

Warm-up: 200 as you feel

Main set:

- 4x400 pull Mod, 10 sec rest
- 4x400 pull with paddles, Mod effort, 10 sec rest

Warm-down: 200 as you feel

Aim to keep heart rate low throughout and focus on your stroke. If time allows, go straight from the swim to the bike and begin the ride without calories. Otherwise it's OK to eat after the swim and do the ride in the afternoon.

BIKE 2:00, fat burn. This is intended to be done immediately after the swim—no calories on the ride (water only). Keep effort easy for the first hour then build to a moderate effort but working a bigger gear to keep heart rate low. After the swim and ride, refuel adequately.

RUN 30 min, easy. This should be done in the afternoon, preferably on trail or asphalt (avoid concrete).

TUESDAY

SWIM 1:00, speed and endurance.

Warm-up: 5x50 on 1:00, building each 50 easy to Med

Main set with paddles and buoy: 30x50: 2 Mod effort, third is ALL OUT, 5 sec rest between each 50

1K Mod effort

Warm-down: 5x50 on 1:00, all easy

BIKE 1:30, build.

- 10 min very easy
- 20 min build to Mod
- 30 min Mod to Med
- 10 min Med to Mod
- 20 min easy

You should start the 10 min Mod to Mod with fatigue in legs so the final 5 min of Mod effort is very difficult. Keep cadence natural throughout.

WEDNESDAY

SWIM 50 min, endurance.

Warm-up: 250 as you feel

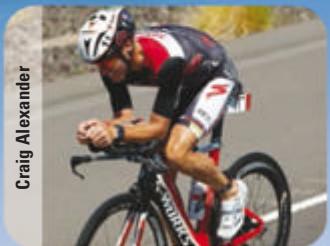
Main set:

- 10x100 Mod, 10 sec rest
- 10x100 Med, 15 sec rest
- 5x100 Mod, 20 sec rest

Warm-down: 250 as you feel

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WEEK 2

BIKE 30 min, easy pre-

run. Keep the effort easy and let your legs and body warm up without creating fatigue.

RUN 45 min, negative split.

Do immediately after the ride. Count the number of times your right foot touches the ground in 15 seconds and multiply by 4. This is your cadence per minute. Aim for a cadence around 23 right steps, or 92 RPM.

- 20 min Mod effort
- 20 min Med effort
- 5 min easy

Be in control of your cadence throughout and work moderate and medium efforts. Focus on the effort and not the pace. It's OK to do an additional 10 min of easy jogging or spinning back on the bike to warm down.

THURSDAY

RUN 20 min, easy.

Preferably on trail or asphalt (avoid concrete).

BIKE 1:15, with strength.

This session is intended to build strength with the addition of working your heart rate above and below threshold.

Warm-up: 10 min very easy, keep cadence at 70–85 RPM

Main set: Repeat 3 times in aero for all hard efforts

- 1 min Mad at 50–60 RPM with 1 min easy spin
- 2 min Mad at 50–60 RPM with 1 min easy spin
- 1 min Mad at 50–60 RPM with 2 min easy spin

Transition set: 4x30 sec Mad at 100+ RPM, 1 min easy

Final set: 4x2 min ALL OUT at natural cadence with 3 min easy

Warm-down: 15 min easy

Aim to work well above race effort on all Mad efforts despite the lower cadence. If you're using power, you want Mad watts 20–25 percent greater than Ironman watts.

FRIDAY

SWIM 1:00, strength.

Do first thing in the morning. A light snack is OK before.

- 200 easy
 - 2x100 Mod
 - 2x50 build to hard
- All 200s are Mad:
- 4x200 pull with paddles,

10 sec rest

- 300 easy
- 3x200 pull with paddles, 10 sec rest
- 200 easy
- 2x200 pull with paddles, 10 sec rest
- 100 easy
- 1x200 pull with paddles 600 easy, no gear

Aim to work your form and heart rate on Mad 200s and maintain a constant pace and send off with 10 sec rest.

RUN 50 min, strength and speed.

Do in the afternoon, ideally on a hilly course. Focus on 90–95 RPM no matter the effort.

- 10 min easy
- 10 min Mod
- 10 min Med
- 5x(30 sec Mad, 90 sec easy)
- 10 min easy

SATURDAY

BIKE 2:00, with efforts.

Eat a hearty breakfast then ride.

- 1 hour easy but working in a big gear with cadence around 60–70 RPM
- 20 min Mod effort, 70 RPM Water break 5 min max. After the break go straight into Med effort to simulate race pace out of T1.
- 20 min Med effort, 80 RPM
- 20 min Mad effort, 90 RPM
- 10 min easy effort, 85–90 RPM

RUN 20 min, easy.

Easy run off the bike to loosen legs.

SUNDAY

RUN 1:20, easy. Effort is easy throughout. It's ideally done on a soft surface such as trail or gravel (avoid concrete). Focus throughout on form, relaxing and breathing.

SWIM 45 min, speed and strength.

Do in the afternoon. **Warm-up:** 3x200 pull Mod, 10 sec rest

Main set:

- 20x25: 1 ALL OUT/1 easy, 10 sec rest
- 200 pull with paddles, Mad
- 100 easy
- 20x25: 1 ALL OUT/1 easy, 10 sec rest
- 200 pull with paddles, Mad
- 100 easy

Warm-down: 3x200 pull Mod, 10 sec rest

WEEK 3

MONDAY

SWIM 1:00, aerobic. Do first thing in the morning on an empty stomach. Coffee or tea is OK, but no sugar or milk.

Warm-up:

- 200 as you feel
- 4x50 build easy to Mod

Main set:

- 5x400 pull Mod, 10 sec rest
- 4x400 pull with paddles, Mod effort, 10 sec rest

No warm-down.

If time allows, go straight from the swim to the bike and begin the ride without calories. Otherwise it's OK to eat after the swim and do the ride in the afternoon.

BIKE 2:30, fat burn.

This is intended to be done immediately after the swim and on water only for the first 2 hours. Keep effort easy for the first hour then build to a moderate effort but working a bigger gear to keep heart rate low. After 2 hours, take on race nutrition and finish the ride at a moderate effort.

Aim to get through the first 2 hours on the feeling of being hungry—let the body recruit fat for stores by avoiding labored efforts that require glycogen. After the swim and ride, refuel adequately.

TUESDAY

SWIM 1:00, power and speed.

Do first thing in the morning before breakfast (a light snack is OK).

Warm-up:

- 400 pull easy
- 2x100 easy
- 5x50 build easy to Med

Main set:

- 4x200s Mad pull with paddles, 15 sec rest
- 10x25: 1 easy, 1 ALL OUT, 5 sec rest
- 3x200s Mad pull with paddles, 15 sec rest
- 10x25: 1 easy, 1 ALL OUT, 5 sec rest
- 2x200s Mad pull with paddles, 15 sec rest

Warm-down: 2x100 easy

BIKE 1:30, build.

Second session of the day.
• 10 min very easy

- 20 min build to Mod
- 30 min Mod to Med
- 10 min Med to Mad
- 20 min easy

You should start the 10 min Med to Mad with fatigue in legs so the final 5 min of Mad effort is very difficult. Keep cadence natural throughout.

WEDNESDAY

SWIM 50 min, endurance.

Warm-up: 250 as you feel

Main set:

- 10x100 Mod, 10 sec rest
- 10x100 Med, 15 sec rest
- 5x100 Mad, 20 sec rest

Warm-down: 250 as you feel

BIKE 45 min, easy pre-

run. Do just before the run. Keep the effort easy and let your legs and body warm up without creating fatigue.

RUN 55 min, with efforts.

Do immediately after the 45 min easy ride. Try to do this on flat and even trail.

- 10 min easy, 90–95 RPM
- 10 min Mod, 90–95 RPM
- 2x15 sec strides with 1:45 easy recovery
- 3x6 min Mad with 1 min easy
- 10 min easy

Build into the Mad efforts. The third effort should be the fastest.

THURSDAY

BIKE 1:00, with efforts.

Do just before the run.

Warm-up:

- 20 min easy
- 3x30 sec Mad 95+ RPM, 4:30 min easy

Main set: 2x3 min Mad at natural cadence, 7 min easy

Warm-down: 5 min easy

then run

RUN 20 min, easy. Preferably on trail or asphalt (avoid concrete).

FRIDAY

SWIM 1:00, strength.

- 200 easy
- 2x100 Mod
- 2x50 build to hard

All 200s are Mad:

- 4x200 pull with paddles, 10 sec rest
- 300 easy
- 3x200 pull with paddles, 10 sec rest
- 300 easy

- 2x200 pull with paddles, 10 sec rest
- 300 easy
- 1x200 pull with paddles 700 easy, no gear

Aim to work your form and heart rate on Mad 200s and maintain a constant pace and send off with 10 sec rest.

RUN 50 min, strength and speed.

Do in the afternoon, ideally on a hilly course. Focus on 90–95 RPM no matter the effort.

- 10 min easy
- 10 min Mod
- 10 min Med
- 5x(30 sec Mad, 90 sec easy)
- 10 min easy

SATURDAY

BIKE 2:00, with efforts.

Warm-up: 30 min easy, natural cadence

- 20 min Med effort, 80 RPM
- 10 min Mad effort, 90 RPM
- 10 min easy effort,

- 85–90 RPM
- 20 min Med effort, 80 RPM
- 10 min Mad effort, 90 RPM
- 10 min easy effort, 85–90 RPM
- 10 min Mod, natural cadence

RUN 20 min, easy

Easy run off the bike to loosen legs.

SUNDAY

RUN 1:30, easy. Effort is easy throughout. It's ideally done on a soft surface such as trail or gravel (avoid concrete). Focus throughout on form, relaxing and breathing.

SWIM 30 min, easy speed.

Do in the afternoon to loosen legs from the run.

Warm-up: 3x200 pull Mod, 10 sec rest

Main set: 40x25: 1 ALL OUT/1 easy, 5 sec rest

Warm-down: 2x200 pull Mod, 10 sec rest

We are sharing the first three weeks of the plan so you can get a sense of the volume and intensity. The entire 12-week plan is available on TrainingPeaks. Access it through

Triathlete.com/advancedhalfiron.

April 2015

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Dan McIntosh is a pro triathlete and coach for Trisutto.com.

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SUPERFOOD SNACKS

When it came to selecting nutrient-packed ingredients, the makers of these delicious bars thought outside the box.

BY BETHANY LEACH MAVIS

PROBAR BITE ORGANIC SNACK BAR

Probar's newest line of mini bars, (1.6 ounces) features six unique flavors, including chocolate cherry cashew and coconut almond. We were most intrigued by the superfruit and greens flavor—a blend of acai powder, chia seeds, cashews and a mix of greens (wheat grass, alfalfa and barley grass). The 190-calorie bar features an interesting flavor profile—white chocolate was one of the dominant flavors, and we didn't detect the greens at all. Each bar contains 27 grams of carbs and 6 grams of protein, making it a great energy-boosting snack.

\$1.99, Theprobar.com

ALLY'S BAR ORIGINAL SWEET POTATO

RODEO TRAIL NUGGETS

The Triathlete staff has taste-tested a lot of bars over the years, and these energy-rich bars (210–220 calories) rank among our favorites. The Almond Lemon Hot Date is made with just four ingredients including lemon peel and lemon oil, and the Just Beet It includes beets, orange oil and dried cranberries, giving it a citrus and cranberry flavor. And the Peanut Butter Coco Apocalypse kept us coming back for more. Each bar contains 37–40 grams of carbs and 3–5 grams of protein. Stash it in your jersey pocket for a calorie-dense ride snack.

\$2.50, Trailnuggets.com

PEANUT BUTTER COCO APOCALYPSE

Thanks to its base of sweet potato powder, dates and quinoa, this 250-calorie bar is tasty and filling. It's hard to really put a finger on the flavor—we could definitely taste the cinnamon, dates and dark chocolate, and we loved the moist yet mildly crunchy texture from the mix of nuts (cashews, almonds and walnuts). Created by pro cyclist Ally Stacher, the bar is slim enough to fit in a jersey pocket, and it slides out of the package easily, making it great for a one-handed bite while riding. Each gluten-free bar contains 38 grams of carbs and 4 grams of protein, plus a dose of vitamin A. \$3.67, Allysbar.com

Four ways to use ...

COOKED QUINOA



Loaded with protein, fiber, and valuable minerals like iron, it's no surprise quinoa has been deemed a "superfood." Technically quinoa is a seed, but it's easy and quick to prepare like a grain. With its high nutritional value, quinoa is a food item all endurance athletes should have on their plates. Keep a large batch of cooked quinoa around to heat up like oatmeal, incorporate into yogurt parfaits, sauté with vegetables, or try some of these crafty cooked quinoa recipes. **BY JESSICA CERRA**

▲ PANCAKES

Boost your favorite pancakes with protein and texture by adding quinoa to the mix. Add 1 cup **cooked quinoa**, 1 egg white and 2 tablespoons **milk** or almond milk, to your prepared **pancake mix**. Optional: Add chopped nuts, dried fruit and/or fresh berries to the mix with the quinoa. Pancakes may take an additional 30–60 seconds per side to cook.

▼ SCRAMBLE

Adding quinoa to an egg scramble is the perfect go-to breakfast or quick post-workout recovery meal. Chop 2 cups of veggies (broccoli, carrots, mushrooms, peppers, squash and/or onions) and sauté in a small amount of oil until they start to soften. In a bowl, whisk together **4 eggs**, **4 egg whites** and **1 cup cooked quinoa**. Add to the veggie mixture and scramble until eggs are cooked through. Also try adding beans, cheese, salsa or avocado.



► TURKEY MEATLOAF

Make over meatloaf, by adding chopped veggies and substituting quinoa for the breadcrumbs, for a moist and flavorful meal. Preheat oven to 375 degrees and line a rimmed baking sheet with foil. Heat 1 tablespoon **olive oil** in a sauté pan and sauté half of a diced **yellow onion**, 1 diced **carrot** and 1 diced **bell pepper**. In a large bowl, combine the sautéed veggies with **1 cup cooked quinoa**, **1 egg**, 2 tablespoons **chopped flat-leaf parsley**, 1 tablespoon **minced garlic**, 1 tablespoon **Worcestershire sauce**, **salt** and **pepper**. Gently fold in **20 ounces 93% lean ground turkey** and form into a loaf on the baking sheet. Bake for 35–40 minutes.



Jessica Cerra is the owner of Fit Food by Jess, a private chef and catering company in Encinitas, Calif., and the co-founder of Harmony Bar. A former professional Xterra triathlete, Cerra now races for Twenty16 Women's Professional Cycling Team.



▲ CHOCOLATE CHIP COOKIES

Quinoa, almond butter and egg whites pack a protein punch in these crave-worthy cookies. Athletes with allergies will also appreciate that they are grain free. Whip up a batch for snacking, or wrap in foil for long training ride fuel. Preheat oven to 350 degrees and prepare a large baking sheet with parchment paper or a silicone mat. In a large bowl thoroughly combine **1 cup salted room temperature almond butter**, **1 egg**, **2 egg whites**, **½ cup maple sugar** (or brown sugar), **1 teaspoon baking soda** and **½ teaspoon vanilla**. Gently mix in **1 cup cooked quinoa**, **1 cup dark chocolate chips** and **½ cup chopped toasted almonds** (optional). Drop 12 1.5-tablespoon-sized balls onto the baking sheet and flatten half way with a spoon. Bake 8–10 minutes—cookies will appear slightly underdone. Let cool 5 minutes before removing from the baking sheet.



World Class Triathlete Laura Bennett

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DINNER MADE SIMPLE

Healthy meal deliveries for the time-crunched triathlete **BY SUSAN LACKE**

When work days are bookended by early-morning swims and evening intervals on the trainer, the last thing any triathlete wants to do is spend an hour putting a healthy dinner on the table. Though Chinese food and pizza delivery are convenient, they're not typically the wisest options to fuel your training and racing. Luckily, these companies deliver nutrient-packed options right to your front door, making healthy cooking easy and quick.

▲ HELLO FRESH

Hellofresh.com

\$69 per week; three meals for two people
Most pizza places will no longer guarantee 30-minutes-or-less delivery, but Hello Fresh is centered around that very philosophy. Directions and photos accompany each step of Hello Fresh recipes to create flavors you won't believe you can develop in a half-hour.

Sample delivery:
Orange Shrimp Stir Fry over Brown Rice, Braised Chicken with Brussels Sprouts and Pancetta, Tuscan Ribollita with Parmesan Croutons

Sample delivery:
New England-style Shrimp Rolls with Warm Potato & Kale Salad; Chicken with Rosemary Roasted Potatoes & Broccolini; Fresh Pappardelle Bolognese with Romaine, Celery & Apple Salad; Two-Cheese Pizza with Iceberg Chopped Salad



THRIVE FOODS DIRECT

Thrivefoodsdirect.com

\$33 per day; three meals plus nutrition supplement Based on the nutritional philosophies of former professional triathlete-turned-CEO Brendan Brazier, Thrive is centered around vegan foods that provide the most nutrients for the least digestive energy. The vacuum-sealed meals can be heated and served within 5–7 days of delivery, or frozen for later.

Sample delivery:
Cinnamon Date Oatmeal, Coconut Curry Quinoa, Italian Grain and Vegetable Medley with Pesto

◀ THE PURPLE CARROT

Thepurplecarrot.com

\$59 per week; two meals and one week's worth of snacks for four people Put the kids to work with The Purple Carrot—plant-based meal ingredients arrive pre-washed, pre-chopped and pre-measured, making it easy for kids to contribute to the cooking process. The meals are so tasty and family-friendly, the kids won't know they're eating (and enjoying!) their vegetables.

Sample delivery:
Beautiful Bowties with Mushrooms, Black Bean Chili with Cilantro Pesto, No-Bake Chocolate Chip Energy Bites

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KRISTINA PINTO
with Rachel Kramer, MD

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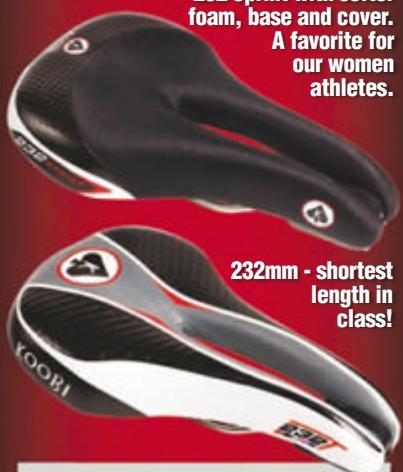
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WHAT'S IN YOUR SPORTS DRINK?

With so many nutrition products on the market—many touting the benefits unique to their specific formulations—a better understanding of basic ingredients can help you make the best choice. **BY LAUREN ANTONUCCI, R.D.**

TRIATHLETES LOSE AN AVERAGE OF one liter of fluid (sweat) per hour, and that liter of sweat typically contains 20 milligrams (mg) calcium, 50mg magnesium, 1,150mg sodium, 230mg potassium and 1,480mg chloride. This composition will vary from person to person, and sweat rates vary widely (from 0.5 liters per hour to more than 2.5 liters per hour), but this is an average starting point.

Water is obviously an important ingredient in any sports drink. It will be listed first on any ready-to-drink sports drink ingredient list. Maintaining adequate fluid intake and balance is the

most important nutritional intervention that will keep you moving forward swiftly and safely during the swim, bike and run. Dehydration not only hampers performance, but it also slows gastric emptying, further deteriorating performance.

Sugar, in one form or another, should be the next ingredient. Carbohydrates fuel working muscles and the brain. Savvy triathletes know that consumption of rapidly absorbed forms of sugar will lead to better reaction time, brain function,

extended endurance capacity and faster performance. You do not want slowly digested or complex sugars during exercise; you want the carbohydrate energy (sugar) to be absorbed rapidly. To that end, two sugars are better than one. Recent research has shown that the stomach can process 1.5 grams of carbohydrate per minute (up to 90 grams per hour) when a mixture of two different simple sugars are consumed because the different sugars are absorbed by different pathways. Studies show that

a 2-to-1 ratio of glucose to fructose, or maltodextrin to fructose, or a combination of glucose, fructose and sucrose works best. Look for sports drinks with a 6–8 percent carb solution, or about 14–15 grams of carbs (sugar) per 8 ounces. Higher concentrations will either delay gastric emptying or pull water into the intestine to dilute the excess sugar, leading to dreaded GI distress.

Sodium is the electrolyte that is lost in large enough quantities in sweat that triathletes must replace it during endurance activities. Both sweat rates and sodium content of sweat vary widely from person to person and based on whether you are acclimated to the heat. That said, most triathletes should aim for 460–1000mg of sodium per liter, or 115–250mg per 8 ounces. Adequate sodium intake (often in the form of sodium chloride) will help increase the drive to drink (thirst), helping you to stay hydrated. Sodium also helps maintain fluid balance and blood pressure, improves the rate at which the small intestine can absorb carbohydrate and decreases urine output (dehydration).

Potassium is a mineral/electrolyte often included in sports drinks. Look for a sports drink with 20–90mg per 8 ounces to ensure electrolyte balance in the body.

Magnesium, calcium, chloride and other vitamins and minerals are not lost in significant enough quantities to need to be replaced during exercise, so I recommend focusing only on water, carbohydrate, sodium and possibly potassium during exercise.

Lauren Antonucci, R.D., is a board-certified specialist in sports dietetics, three-time Ironman finisher and the founding director of Nutrition Energy in New York City.

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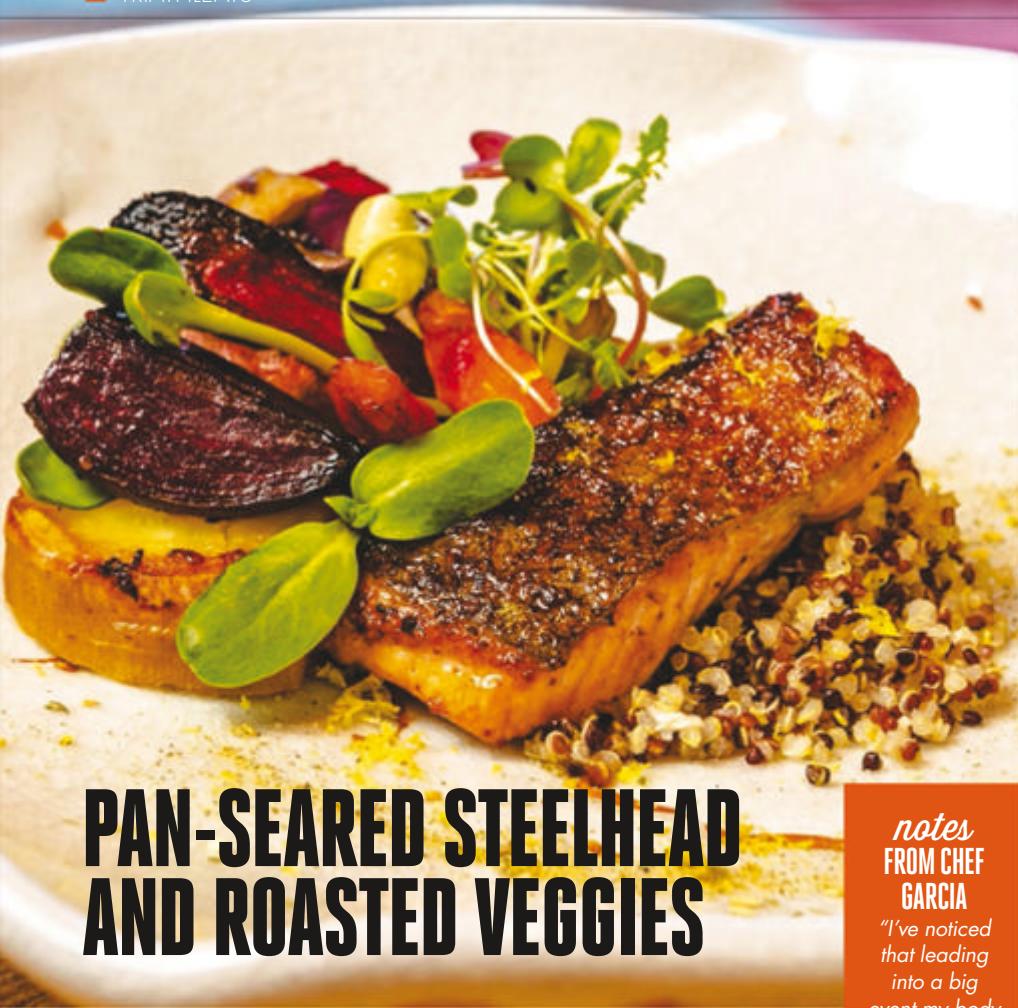
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PAN-SEARED STEELHEAD AND ROASTED VEGGIES

A medley of clean, light flavors and fresh ingredients makes this an ideal pre-race dinner.

INGREDIENTS

- 4 6-ounce steelhead filets
- 1 T Montana Mex Picante Salt*
- 1 T agave
- 1 bunch baby carrots
- 1 bunch baby beets
- 8-10 cipollini (small onions)
- 2-4 portabella mushrooms
- 1½ cups quinoa
- 2½ cups vegetable or chicken broth
- 1 head garlic
- 1 lemon
- 4 T coconut oil
- 1 T sea salt

*Can substitute with a touch of sea salt

DIRECTIONS

For the roasted veggies, preheat oven to 375 degrees. Scrub the beets and carrots well in fresh water and remove the fronds. Cut beets into quarters and carrots in half. Peel and halve the cipollini, and leave the mushrooms whole. Put about 2 tablespoons of coconut oil in a baking dish, and place in the oven for 1 minute, or until it melts. Remove the pan and add the veggies, sprinkle with salt, and mix. Put it back in the oven for about 30 minutes. To prepare the steelhead, give the filets a light wipe with a paper towel and season with the Montana Mex salt and a splash of agave. In a nonstick or cast iron pan over medium-high heat, add 1 tablespoon of coconut oil. Carefully add the seasoned filets to the pan and cook for approximately 3 minutes per side. Squeeze a splash of lemon juice on the fish just before removing from the pan. To prepare the quinoa, in a towel or hand strainer, rinse and strain the quinoa. In a medium pot, brown the garlic cloves lightly for a minute or two in 1 tablespoon of coconut oil, then add rinsed and drained quinoa, broth and 1 teaspoon of sea salt. Bring to a boil, reduce heat to a simmer, cover with a lid and cook an additional 15 minutes. Remove from heat, fluff with a fork and add a spritz of fresh lemon or grated lemon zest. Serves 4.

notes FROM CHEF GARCIA

"I've noticed that leading into a big event my body craves clean, whole foods that are easily digestible and leave me feeling light, like this dish."

The other beauty of this meal is that if you're traveling for a race, as we often are, most restaurants—when asked nicely—will whip up a similar version with very little effort."

MEET THE TRIATHLETE-CHEF

You may not equate Montana to a chef's paradise, but Eduardo Garcia is no ordinary chef. He describes himself as a "hunting, gardening, foraging, seasonal chef," so with nearby woods, streams and a 1-acre garden in his backyard, the state is the ideal place for him. What also differentiates Garcia has to do with an accident in 2011—he suffered severe electrical shock, which led to 48 days in the ICU. In addition to a slew of injuries, his left hand was amputated. He now has a bionic prosthesis and relearned to cook, earning the nickname "The Bionic Chef." Before the accident, Garcia had gone to culinary school, worked as a private chef on yachts for 10 years and started his own business, Montana Mex, which sells salsas, hot sauces and gourmet salts. It was actually his amputation that steered him toward triathlon—he did his first with the Challenged Athletes Foundation and has continued racing, including a half-Ironman. His near-death experience has renewed his zest for life: "I've had emotional moments—I should have died three years ago, and now I'm running the New York City Marathon," he says. "It's just incredible what the body is capable of doing." —BETHANY LEACH MAVIS



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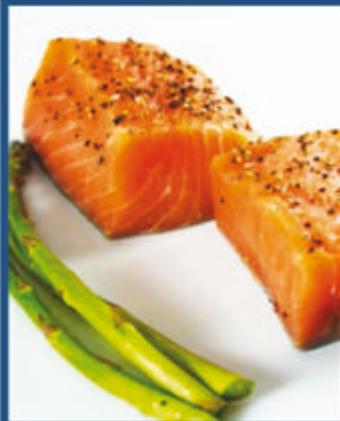
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FIRST



▲ We love to see how the **triathlon community is rallying around pro Amy Marsh**, who was diagnosed with leukemia in late 2014. Her local tri shop, Austin Tri-Cyclist, is donating \$20 from every shoe purchase toward her medical care.

Ironman announces **enhanced live coverage for pro athletes** in 2015 with live GPS tracking.

▼ Subway's Super Bowl "**Tough Dodger**" **commercial** features triathlon—with dodgeballs. We're in.



▲ The producers of the World Triathlon Series **ITU Grand Final in Chicago** have budgeted \$4 million for the September Olympic qualifier. We like where this is headed.

SECOND

▼ A panel of 12 influential women have been tasked with helping Ironman and Life Time increase women's participation in the sport at all levels through the **Women For Tri initiative**.



▲ New boutique hotel **The Island House in the Bahamas** is sponsoring several pro triathletes. (Can we come too?)

She's got wings: Jodie **Swallow wins Ironman 70.3 South Africa** for the fifth straight year.

▼ Paving the way: **27 U.S. athletes got to compete in Cuba** as some of the first athletes racing there since President Obama lifted the travel embargo.



THIRD



▲ We can barely get on rollers without getting hurt, let alone perform a jump on them like **Dave Mirra did in his viral video**.



▲ Better you than us: Kudos to the athletes who **battled rough waters and a rainy bike course** at Challenge Melbourne.

Spotted: **TYR's Swim Shades hitting the mainstream** on HGTV's "Rehab Addict."

PENALTY TENT

When it's not an oval ... NASCAR driver Jimmie Johnson accidentally missed a turn and added a few miles to his bike leg at the Naples HITS triathlon. (But he still raced a 4:42 half-iron!)



THIERRY DEKELEAERE / ENDURAPIX; JOHN DAVID BECKER; TRIATHLON.ORG; GETTY IMAGES; @JIMMIEJOHNSON / TWITTER

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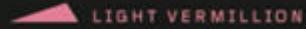
7:02 AM TRANSITION LIGHT RED BUOY



AMBER MIRROR

LAKE SAN ANTONIO, CALIFORNIA

6:45 AM LOW LIGHT YELLOW BUOY



LIGHT VERMILLION

CHICAGO, ILLINOIS

6:57 AM TRANSITION LIGHT YELLOW BUOY



LIGHT GREY

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